

*Let time be your medicine*



The  
 **Circadian**   
**Doctor**

Dr. Biswaroop Roy Chowdhury

**Circadian Clock & Ayurvedic Panchkarma  
Certification Course**

# Dr. BRC's invention to reverse Chronic Kidney Disease

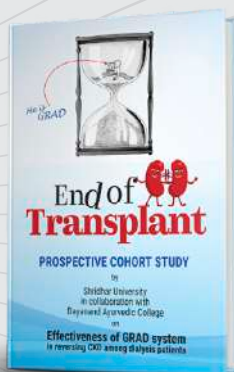
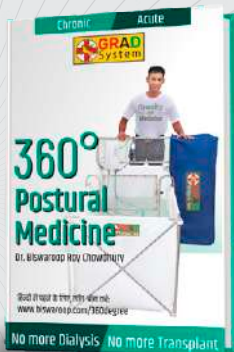


- ▶ Pain Management
- ▶ Cancer Therapy
- ▶ Self Dialysis
- ▶ Heart Attack prevention
- ▶ Curing Insomnia & Depression
- ▶ Reversing Parkinson/Alzheimers  
CKD & Fibromyalgia



To buy GRAD Tub, go to  
[www.biswaroop.com/shop](http://www.biswaroop.com/shop)

To access the pre and post reports of success stories and to learn the science of GRAD Dialysis tub, read the following books:



The above books are freely accessible at [www.biswaroop.com/ebook](http://www.biswaroop.com/ebook)

To consult Dr. BRC, go to [www.biswaroop.com/VOPD](http://www.biswaroop.com/VOPD)

# The Circadian Doctor

This book explains the scientific base of my protocol which I follow in my 72hrs National / International Medical camps.

By the end, you will be convinced that it's not drugs or chemicals but just a small adjustment in timing which can make a huge improvement in outcome in terms of blood reports & symptomatic relief in the patients suffering from chronic & life style oriented diseases.

So go ahead, design your own circadian chart and expect a miracle within the 72hrs of following the circadian protocol.

**Dr Biswaroop Roy Chowdhury**

© Copyright Dr. Biswaroop Roy Chowdhury

**India Office:**

**C/o India Book of Records**

413A, 2nd Floor, Sector-68,  
HSIIDC, IMT, Faridabad-121004,  
Haryana, India  
Ph.: +91-9312286540

**Malaysia Office:**

**C/o Bishwaroop International  
Healing & Research**

PT 573, Lot 15077 Jalan Tuanku  
Munawir,  
70000 Negeri Sembilan, Malaysia  
Tel: +6012-2116089

**Vietnam Office:**

**C/o Vietnam Book of Records**

148 Hong Ha Street  
9 Award, Phu Nhuan District,  
Ho Chi Minh City, Vietnam  
Hotline: (+84) 903710505

**Switzerland Office:**

**C/o Nigel Kingsley**

Kraftwerkstr. 95, ch-5465, Mellikon,  
Switzerland  
Tel: 0041 79 222 2323

**FOLLOW ME**

**Facebook:** <https://www.facebook.com/drbrc.official/>

**Twitter:** <https://twitter.com/drabiswarooproy>

**Bitchute:** <https://www.bitchute.com/channel/drabiswarooproychowdhury/>

**Instagram:** <https://www.instagram.com/drbrc.official/>

**Telegram:** <https://t.me/drabiswarooproychowdhury>

**Email:** [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

**Website:** [www.biswaroop.com](http://www.biswaroop.com)

**Video Channel:** [www.coronakaal.tv](http://www.coronakaal.tv)

Edition: November 2023

**Research:** Rachna Sharma

**Graphics Designer:** Swapan Banik

**Video Transcription:** Sanjana Bhowmick

**Patient Co-ordination & Report Compilation:** Kalpana Bourai, Dr. Sanju Khari,  
Shweta Jalhotra, Dr. BPT Anamika, DE. Lalita Bhardwaj

**Panchkarma Training Team:** Dr. Anu Bhardwaj, Dr. Vishakha Kashyap

**Published by**

 **DIAMOND BOOKS**

X-30, Okhla Industrial Area, New Delhi-110020

Ph: +011-40712100 email: [sales@dpb.in](mailto:sales@dpb.in) website: [www.diamondbook.in](http://www.diamondbook.in)

## **Dedication**

Dedicated to my angel daughter Ivy,

loving wife Neerja

&

caring parents

Shri Bikash Roy Chowdhury

Shrimati Lila Roy Chowdhury



# Contents

<b>Chapter 1</b>	Harmony within: Exploring the Circadian Clock and Ayurvedic Panchkarma	7
<b>Chapter 2</b>	The connection between Circadian Rhythm and Ayurvedic Panchkarma	11
<b>Chapter 3</b>	Understanding the Two Paths to Illness	17
<b>Chapter 4</b>	Circadian Rhythm	24
<b>Chapter 5</b>	The Three Rhythms of Nature	39
<b>Chapter 6</b>	How to Improve Circadian Rhythm	59
<b>Chapter 7</b>	Practical Application of Circadian Rhythm Knowledge	90
<b>Chapter 8</b>	The Circadian Chart @72hrs Medical Camp	101
<b>Appendix</b>	Basic Panchkarma Therapies	135





## Chapter 1

---

# Harmony within: Exploring the Circadian Clock and Ayurvedic Panchkarma

## Introduction

I am delighted to share that this book is part of a dual certification program, a collaboration between Shridhar University, Pilani and Dayanand Ayurvedic College in Jalandhar, the oldest Ayurvedic medical college in the country.

Let us embark on this voyage with an open heart and a curious mind. We will explore the interconnected world of the Circadian Clock and Ayurvedic Panchkarma, understanding why these two seemingly distinct realms play a crucial role in our well-being.

Through this book, we will unravel the profound secrets of the Circadian Clock, the ancient healing practices of Ayurvedic Panchkarma, and how they can work in harmony to help us attain the health freedom we all desire.

It's time to unlock the potential of your health, and in doing so, experience a new level of independence – one that frees you from the constraints of illness and brings you closer to a state of holistic well-being.

## Exploring the Fascinating Concept of Circadian Rhythm

The concept of the circadian rhythm of the body is rooted in the natural, internal biological clock that regulates various physiological and behavioural processes over a 24-hour cycle. This intricate system is influenced by external cues, primarily the light-dark cycle of the environment, and it plays a critical role

in maintaining the body's balance and synchrony. The circadian rhythm dictates when we should be awake, alert, and active during the day, and when we should rest and sleep at night. It governs not only sleep-wake patterns but also other essential functions like hormone production, body temperature, and metabolism. The key player in this biological symphony is the suprachiasmatic nucleus (SCN) in the brain, often referred to as the body's "master clock." The SCN interprets light signals received from the eyes, signalling to the rest of the body when it's time to be active or to prepare for sleep.

A clear example of how the circadian rhythm operates and its disruption can be witnessed in the phenomenon of jet lag. Imagine travelling from India to America, crossing multiple time zones. Your body's internal clock is synchronized with your original time zone, say Indian Standard Time (IST). However, when you arrive in America, your body is suddenly exposed to a different light-dark cycle, and your circadian rhythm becomes misaligned with the local time. This misalignment results in symptoms like fatigue, irritability, sleep disturbances, and difficulty concentrating, collectively known as jet lag. It occurs because your body's internal clock is still signalling that it's daytime when it's night in the new location. It typically takes a few days for your circadian rhythm to gradually adjust to the new time zone, during which time your body's functions may not be in sync with the local environment. Understanding the circadian rhythm and strategies to minimise jet lag's effects can significantly improve the travel experience, highlighting the importance of this biological clock in our daily lives.

Jet lag, as we've explored, is just one of the many ways in which our circadian rhythm can be disrupted. However, it's essential to understand that numerous other factors and circumstances can also throw this harmonious coordination out of balance. Whether you're a frequent traveller or someone who remains stationed in one place for an extended period, the circadian rhythm can be disturbed by a wide range of influences and habits.

This concept of the circadian rhythm is not limited to our sleep-wake cycles but extends to the synchronised functioning of our internal organs, much like the harmonious coordination of a musical orchestra. Just like a well-coordinated orchestra can produce beautiful music, the organs in our body must work in unison to maintain our health. When this coordination is optimal, we experience a state of well-being. However, when this coordination falters, the result is not unlike the cacophony of a poorly coordinated orchestra - noise, disturbance, and distraction. In essence, a disrupted circadian rhythm can manifest as a disruption of our body's natural harmony. It is the conductor of our internal orchestra, and the health of our body depends on this precise coordination. When everything aligns, we can declare ourselves healthy, but when the rhythm is thrown off-balance, it's a sign that something may be amiss. In the chapters that follow, we will explore not only the many ways in which our circadian rhythm can be disturbed but also the practices that can help us restore and maintain this vital harmony.

## Conclusion

In this opening chapter, we delved into the captivating realm of the circadian rhythm, an internal biological clock that orchestrates our body's intricate processes over a 24-hour cycle. We learned that this symphony is conducted by the suprachiasmatic nucleus (SCN), often referred to as the body's "master clock," which interprets light signals to dictate when we should be awake, alert, and active during the day, and when we should rest and sleep at night. We examined the practical implications of circadian rhythm through the example of jet lag, which disrupts our internal clock when we cross multiple time zones. Understanding the circadian rhythm's significance and its potential disruptions is vital for improving our daily lives, especially for frequent travellers.

## Key Takeaways

1. The circadian rhythm is a 24-hour cycle that regulates various physiological and behavioural processes in the body.
2. The suprachiasmatic nucleus (SCN) serves as the “master clock” and interprets light signals to synchronise our internal clock with the external environment.
3. Jet lag is a practical example of how the circadian rhythm can be disrupted, leading to symptoms like fatigue and sleep disturbances.
4. Our circadian rhythm extends beyond sleep-wake patterns and influences the coordinated functioning of internal organs, affecting our overall health.
5. Maintaining a balanced circadian rhythm is crucial for overall well-being, and the subsequent chapters will explore various factors and practices related to its disruption and restoration.

## Chapter 2

---

# The connection between Circadian Rhythm and Ayurvedic Panchkarma

Now that we understand how important our body's daily rhythm is, let's explore how to keep it in sync. This is where the world of Ayurvedic Panchkarma comes into play, offering a deep understanding of how to align your circadian rhythm and well-being.

Intriguingly, there's a profound connection between the circadian rhythm and the ancient practices of Ayurvedic Panchkarma. One must recognize that our body's circadian rhythm affects every facet of our health and vitality. It's akin to an orchestra conductor, orchestrating the synchronized functioning of our internal organs. Just as an orchestra can produce beautiful music when well-coordinated, our body thrives when all its components work harmoniously.

Heat plays a crucial role in Ayurveda. It can act as a kind of medicine when used correctly. For example, when dealing with issues like tumours, applying the right amount of heat for the right time through the right method can influence the body's internal clock in a way that causes the tumour to shrink. This shows that our bodies have the power to both create and heal diseases, under the right conditions, with heat being one of the most important factors.

In the following chapters, we'll explore how heat can be used as a healing tool and why Ayurvedic Panchkarma is a great way to do it. This ancient approach offers a comprehensive way to reset your body's rhythm and guide you toward better health and balance.

### Heat Shock Factors Modulate Circadian Rhythms

*Hirota, Tsuyoshi & Fukada, Yoshitaka. (2016)*

*DOI:10.1007/978-4-431-55852-1\_10*

*In book: Heat Shock Factor (pp.197-209)*

## Heat as a Medicine for Chronic Kidney Patients

The transformative power of heat as a healing method became evident to me back in 2021 when I began applying it to my patients with chronic kidney disease. This ailment is one of the most challenging illnesses known to humanity, causing immense suffering, not only for the patients but also for their families. Dialysis, the standard treatment for kidney disease, involves removing blood from the body and then returning it. Unfortunately, each dialysis session brings with it a percentage increase in the risk to the patient's life, meaning that every hospital visit takes them closer to the brink of mortality.

In 2021, I introduced a groundbreaking innovation known as Gravitational Resistance and Diet. The image above illustrates my kidney patients at HIIMS (Hospital and Institute of Integrated Medical Sciences) in Dera Bassi, Chandigarh. To date, we've established 20 such facilities across India.



In the picture (above), patients are submerged in a bath with neck-deep water, where the temperature is maintained at 40 degrees Celsius. They immerse themselves for two hours, during which they experience the combined effects of heat and the gravitational pressure of water. This dual therapy, applied over two hours, serves

to activate their kidneys. We measure this activation through several indicators:

1. A notable weight reduction of 500 grams to 1 kilogram or more.
2. Increased urine output.
3. Diminished swelling.
4. A reduction in blood pressure.
5. A decrease in overall weakness.

Over time, we consistently observed a reduction in the classic symptoms of chronic kidney disease. Eventually, many patients no longer required hot water immersion or dialysis, returning to a state of health similar to their pre-disease condition.

An observational study conducted by Shridhar University in Pilani and Dayanand Ayurvedic College in Jalandhar affirmed that 75% of patients who adhered rigorously to the Gravitational Resistance and Diet protocol achieved complete freedom from dialysis and experienced relief from all chronic kidney disease symptoms.

This underscores the remarkable potential of harnessing the healing power of heat, combined with the medium of water, to transform lives.

## Heat as Medicine for Other Illness



26/11 Taj Terrorist Attack

## Chapter 2

The image above is likely etched in our collective memory, representing the tragic events of 26/11 at the Taj Bombay. In those horrifying moments, as we remember, the terrorists stormed the hotel, endangering the lives of both the guests and the hotel staff. Law enforcement faced a daunting challenge: how to neutralize the terrorists without harming innocent guests. One approach considered was to fill the entire building with poisonous smoke to incapacitate the terrorists. However, this method was ruled out because it would have claimed the lives of both terrorists and guests, an unacceptable outcome.

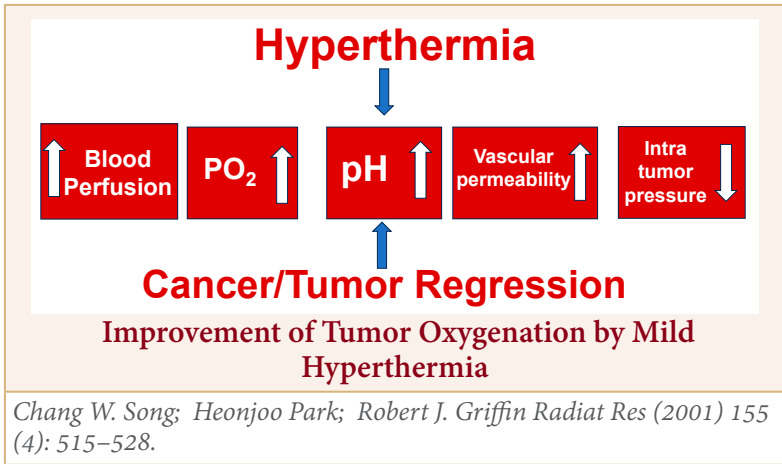
A similar dilemma arises when dealing with cancer patients undergoing chemotherapy. The chemicals employed in chemotherapy are indiscriminate; they cannot distinguish between healthy and cancerous cells.

Consequently, while the chemo attacks the cancer cells, it also damages the healthy ones, leaving the patient weakened with each treatment. Chemotherapy, while a valiant effort, does not heal or cure cancer. Instead, it inflicts further harm, suffering, and mortality. In some instances, it can even unintentionally facilitate the spread of cancer. This harsh reality underscores the limitations of chemotherapy.

Now, revisiting the situation at the Taj, an alternative solution for law enforcement was to deploy sharpshooters who could target suspected terrorists near hotel windows. However, this method, while more precise, still relied on an element of chance. Drawing a parallel to medical treatments, radiation therapy, although targeted, shares similarities with this method. It focuses on specific organs or tumours, but the prevailing treatment protocols often harm the body more than they cure it.

Let's consider a more promising approach to the hostage situation: equipping every hostage with the means to protect themselves. This concept can be mirrored in the human body, where heat plays a pivotal role. Heat empowers healthy cells, strengthening them to the point where they become more formidable than the infected or cancerous cells.





In scientific terms, this phenomenon is known as ‘Hyperthermia’ (as depicted in the image above). When heat is directed to a specific part of the body for a set duration and at a specific temperature using the right medium, it triggers a series of changes in that area. These changes include improved blood perfusion, increased oxygen levels, elevated pH values making the area more alkaline, and enhanced material transfer across the skin, which, in turn, exerts reduced pressure on the tumour.

Collectively, these changes contribute to the regression of the tumour. This approach presents a more targeted, effective, and minimally invasive alternative to conventional treatments, offering new hope in the fight against the disease.

## Conclusion

In the second chapter of our exploration, we delved into the profound connection between the circadian rhythm and the ancient practices of Ayurvedic Panchkarma. We highlighted the significance of the circadian rhythm in maintaining overall health, akin to an orchestra conductor harmonising the functions of our internal organs. Furthermore, we introduced the critical role of heat in Ayurveda, demonstrating its potential as a healing tool.

## Key Takeaways

1. Ayurvedic Panchkarma offers a comprehensive approach to aligning the circadian rhythm and improving well-being.
2. Heat is a significant element in Ayurveda, and when used correctly, it can influence the body's internal clock and contribute to healing.
3. Heat's transformative power was exemplified in the treatment of chronic kidney disease patients, with Gravitational Resistance and Diet therapy yielding promising results.
4. Heat, when applied to specific areas of the body, can empower healthy cells and trigger changes that contribute to the regression of tumours, offering a less invasive alternative to traditional treatments.
5. The chapters that follow will delve deeper into the applications of heat in medical treatments and its potential to revolutionise our approach to various illnesses.

## Chapter 3

---

### Understanding the Two Paths to Illness

In this chapter, we delve into one of the fundamental ways our bodies become susceptible to illnesses, and we will explore the second major path in the following chapter. Imagine a plant with its primary stem and numerous smaller branches. Much like this, our bodies have major blood vessels, which branch into smaller ones, and further divide into even finer vessels or capillaries, resembling the branching structure of a plant.

Now, consider what happens when there is an excessive number of vessels around our cells. In such a scenario, the cells receive an abundance of nutrients, leading to accelerated growth compared to the rest of the body. This is how conditions like cancer, tumours, and obesity emerge. Conversely, if there are too few blood vessels, the cells receive insufficient nourishment, causing them to wither and perish. Such situations can lead to diseases like heart problems, kidney issues, diabetes, or retinopathy.

In essence, there are only two ways to fall ill: an excess of blood vessels or a deficiency of them. If there are too many blood vessels, a balance must be established through the circadian clock and Ayurvedic Panchkarma. Conversely, if there are too few vessels, their numbers need to be augmented. This entire process is termed “Angiogenesis.”

Angiogenesis is the creation of new blood vessels, involving the migration, growth, and differentiation of endothelial cells that line the inner walls of blood vessels. When Angiogenesis goes awry, it can result in various illnesses. Such imbalances are often linked to disturbances in our circadian rhythm.

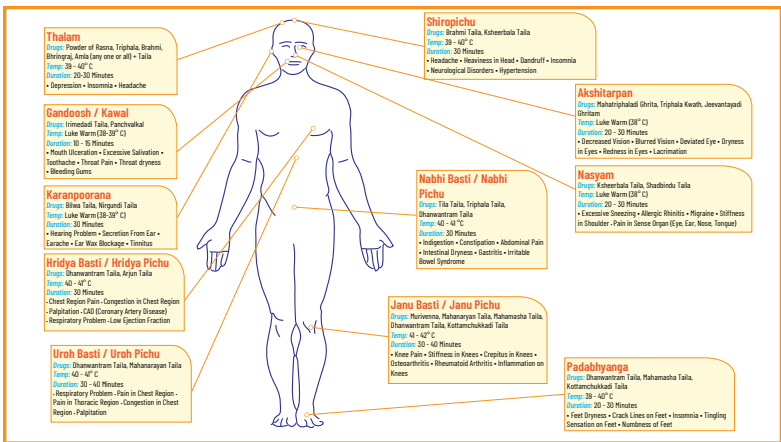
Now, we will shed light on conventional treatments and why they should be approached with caution, and we will also introduce you to Ayurvedic Panchkarma and its numerous benefits.

# Ayurvedic Panchkarma

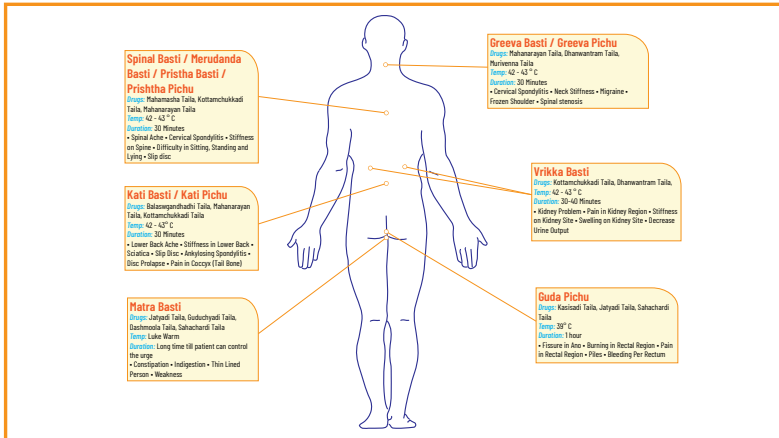
Panchkarma is a holistic treatment approach for the body, mind, and consciousness, focused on cleansing and rejuvenation. It involves the application of heat to specific body parts for therapeutic purposes. Rooted in Ayurvedic principles, which have been guiding health practices for a thousand years, it recognizes each human as a unique composition of the five basic elements: Ether, Air, Fire, Water, and Earth.

Within Panchkarma, there are 100 methods to apply heat to different body parts. From these, we've selected 22 user-friendly techniques that can be learned easily and applied conveniently from the comfort of your home. These methods can work effectively for most diseases and do not necessitate a hospital visit for their application.

Take, for instance, knee pain or arthritis, conditions for which conventional treatments like knee replacement can be detrimental. In Panchkarma, we employ a method called Janu Basti, which involves applying heat to the knee using a specific oil at a temperature of 41-42 degrees Celsius. Continuous treatment over 3-4 days can bring relief by strengthening the surrounding cells and reducing inflammation around the knee.



\*Poster given at the end of this book



\*Poster given at the end of this book

In Panchkarma, there are numerous therapies, and as illustrated in the image above, it becomes evident that simple methods, involving the use of oils, can address seemingly incurable diseases.

## The Pitfalls of Modern Medicine

In modern medicine, we often find ourselves ensnared by a particular narrative. As previously mentioned, when there is an excess of blood vessels in the body, diseases like cancer, tumours, obesity, polyps, and cysts can manifest. Now, let's delve deeper into this theory with some crucial facts.

**Fact 1:** A study conducted on accident victims, especially those over 40 years of age, revealed that 100% of them, despite being otherwise healthy, had cancer cells in their thyroid. It's normal for living beings to have dormant cancer cells in their thyroid, and their presence doesn't necessarily lead to cancer-related fatalities.

**100% of thyroid specimen were found to be cancerous.**

*H. Gilbert Welch, William C. Black, Overdiagnosis in Cancer, JNCI: Journal of the National Cancer Institute, Volume 102, Issue 9, 5 May 2010, Pages 605–613*

**Fact 2:** Another study focused on the prostate in the same set of accident victims. Of the 10 individuals tested, seven were found to have cancer cells in their prostate. Remarkably, none of these individuals displayed any cancer symptoms while alive. Had they been tested for cancer during their lifetimes, they might have been recommended for chemotherapy, potentially falling prey to the “Cancer Industry.” This underscores the idea that many individuals have dormant cancer cells in their bodies, which pose no immediate harm.

Understanding these facts sheds light on the potential pitfalls of modern medicine and underscores the importance of alternative, less invasive approaches to maintaining and restoring health.

**70% of prostate specimen were found to be cancerous.**

*H. Gilbert Welch, William C. Black, Overdiagnosis in Cancer, JNCI: Journal of the National Cancer Institute, Volume 102, Issue 9, 5 May 2010, Pages 605–613*

**Fact 3:** An additional test, this time focused on women who were accident victims, revealed that a significant 40% of them had cancer cells in their breast tissue. This underscores a crucial reality—cancer cells are far more common in our bodies than we might have imagined. It serves as a stark reminder that these cells exist within all of us, often in a dormant state, awaiting the right conditions to become active.

**40 % of breast specimen were found to be cancerous.**

*H. Gilbert Welch, William C. Black, Overdiagnosis in Cancer, JNCI: Journal of the National Cancer Institute, Volume 102, Issue 9, 5 May 2010, Pages 605–613*

## Disease Reservoir

Our bodies, it turns out, can be reservoirs for cancerous cells. Whether these cells remain dormant or become active depends on various factors.

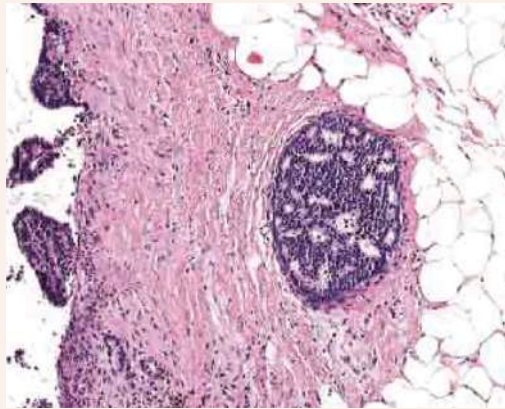
## Disease reservoir

*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.*

## Biopsy

A biopsy is a procedure where a piece of tissue or a sample of cells is removed from your body for laboratory testing to determine whether you have cancer or some other condition.

But here's the truth about biopsies. The tissue collected from the suspected site of cancer is turned into a slide for examination by a trained pathologist. This slide, is carefully studied, and the pathologist decides whether the cells are normal or cancerous.



*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.*

In an eye-opening study, the very same slide, like the one above, was distributed to 800 pathologists across the United States. They were asked to diagnose it.

Astonishingly, 33% of pathologists considered it a normal cell, 48% labelled it as an abnormal cell, and 19% diagnosed it as a cancer cell. This emphasises that the determination of whether you have cancer or not often depends on the pathologist conducting your biopsy. So, if the biopsy report indicates cancer, it is not the final word.

The reliability of a biopsy as a diagnostic procedure is far from certain. It cannot predict whether these cells will become active or remain dormant in the future.

**99.9 % of circulating tumor in our body never mature to form secondary growth.**

*Akhtar, Mohammed MD.; Haider, Abdulrazzaq MD\*; Rashid, Sameera MD†; Al-Nabet, Ajayeb Dakhilalla M.H. Paget's "Seed and Soil" Theory of Cancer Metastasis: An Idea Whose Time has Come. Advances In Anatomic Pathology 26(1):p 69-74, January 2019.*

The truth is, that 99.9% of circulating tumour cells in our bodies never develop into secondary growths. Having cancer cells in your body doesn't necessarily mean you'll develop cancer. Whether these cells will lead to a disease or not is beyond the scope of any diagnostic test. According to conventional medical standards, we could all be considered cancer patients.

## Conclusion

In this chapter, we embarked on a journey to understand the fundamental ways our bodies become susceptible to illnesses, focusing on the role of blood vessels. We explored how an excess or deficiency of blood vessels can lead to various health conditions, emphasising the concept of angiogenesis, the creation of new blood vessels. This process, when disrupted, is often associated with disturbances in our circadian rhythm.



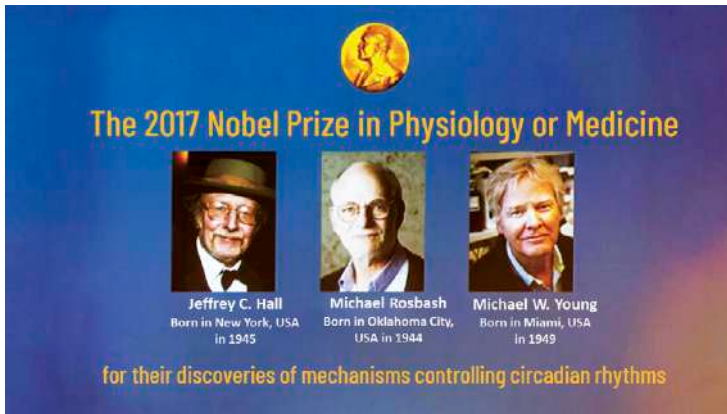
## Key Takeaways

1. There are two primary paths to illness: an excess of blood vessels, leading to conditions like cancer, tumours, and obesity, or a deficiency of blood vessels, resulting in diseases like heart problems, kidney issues, diabetes, and retinopathy.
2. Angiogenesis, the creation of new blood vessels, plays a crucial role in maintaining health, and disturbances in this process can lead to various illnesses.
3. Ayurvedic Panchkarma offers a holistic approach to health, focusing on cleansing and rejuvenation through the application of heat to specific body parts.
4. Modern medicine may have pitfalls, as dormant cancer cells are more common in our bodies than previously thought, and diagnostic procedures like biopsies may not always provide definitive answers.

## Chapter 4

# Circadian Rhythm

## Understanding Circadian Rhythms



Circadian rhythms, deriving from the Latin words “circa,” meaning “around,” and “dies,” meaning “day,” are the 24-hour cycles that govern physical, mental, and behavioural changes. These natural processes are primarily responsive to light and darkness, impacting a wide array of living entities, including animals, plants, and even microorganisms. The study of these rhythms is known as chronobiology. An example of a circadian rhythm closely tied to light is our tendency to sleep at night and remain awake during the day, as depicted in image 1 (see above).

Although the scientific observation of circadian rhythms dates back to the early 18th century, it took over two centuries to comprehend that these rhythms are governed by an intrinsic circadian clock. In the early 1980s, researchers Jeffrey C. Hall, Michael Rosbash, and Michael Young made groundbreaking discoveries by cloning and characterising the first *Drosophila* clock gene, known as “period.” Their work ultimately led to the identification of

additional genes and proteins, culminating in the establishment of the “transcriptional translational feedback loop” (TTFL) model, which generates an autonomous oscillator with a 24-hour cycle. In recognition of their pioneering work, the 2017 Nobel Prize in Physiology or Medicine was awarded to honour their discoveries concerning the molecular mechanisms that regulate circadian rhythms.

The biological clock is intricately involved in many aspects of our complex physiology. We now understand that nearly all multicellular organisms, including humans, employ a similar mechanism to control their circadian rhythms. A significant proportion of our genes are under the influence of the biological clock, meaning that a precisely calibrated circadian rhythm adjusts our physiology according to the various phases of the day. Since the pivotal discoveries made by these researchers, circadian biology has emerged as a vast and rapidly evolving field of research, with profound implications for our health and overall well-being.

## Circadian Rhythm in Ayurveda

Significantly, the concept of the circadian clock, or “Dincharya,” is discussed in Ayurveda. “Dincharya” is a Sanskrit word formed from “dina,” meaning day, and “acharya,” meaning activity. Dincharya encompasses an individual’s daily routine and plays a pivotal role in various metabolic processes within the body, such as digestion, absorption, and assimilation. Beyond these physiological functions, Dincharya also contributes to our overall health, discipline, happiness, and longevity.

Ayurveda explains circadian rhythms through the concept of the Tridoshas cyclical cycle. Much like how Chandra, Surya, and Vayu maintain the balance of our Earth’s universe, the Tridosha are responsible for regulating our bodily functions.

## The Role of Circadian Rhythms in Our Lives

Our circadian rhythm dictates our sleep-wake patterns throughout the day, serving as the master conductor of our daily sleep routine. It's sensitive to various external factors, most notably the presence or absence of light. The brain interprets environmental changes and, in response, releases specific hormones that influence shifts in body temperature, either promoting alertness or signalling the need for rest.

## Understanding an Infant's Circadian Clock

### Infant's Circadian Clock

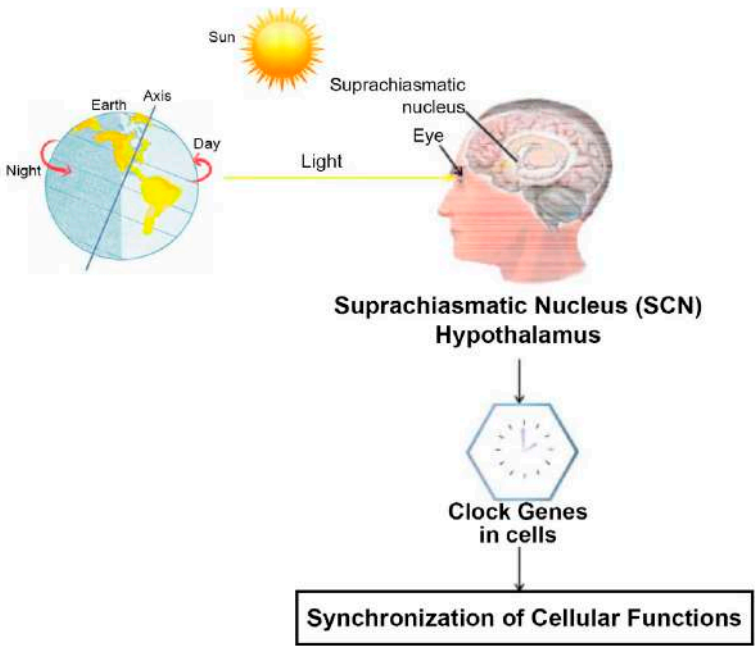
*Yates J. PERSPECTIVE: The Long-Term Effects of Light Exposure on Establishment of Newborn Circadian Rhythm. J Clin Sleep Med. 2018 Oct 15;14(10):1829-1830. doi: 10.5664/jcsm.7426. PMID: 30353824; PMCID: PMC6175794.*

*Hazelhoff Esther M., Dudink Jeroen, Meijer Johanna H., Kervezee Laura; Beginning to See the Light: Lessons Learned From the Development of the Circadian System for Optimizing Light Conditions in the Neonatal Intensive Care Unit. Frontiers in Neuroscience VOLUME=15 YEAR=2021 ISSN=1662-453X*

Looking at the references, we delve into the behaviour of newborn children. A newborn's behaviour is notably erratic, as there is no fixed schedule. For the initial days, a child's cycle may seem unpredictable. However, after birth, the circadian system gradually matures. Rhythms in sleep-wake cycles, body temperature, and hormone production usually develop between 1 and 3 months of age.

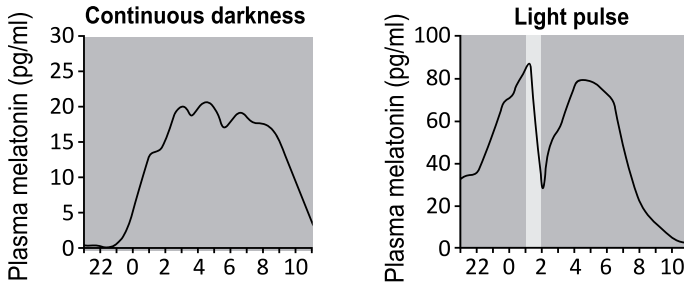
It's important to note that the child's body registers daytime when the eyes are open and night time when they are closed. To initiate sleep, the body requires darkness, which triggers the pineal gland in the brain to produce melatonin, a hormone essential for regulating circadian rhythms and sleep. In contrast, exposure to light stimulates the release of cortisol, a hormone associated with

alertness. The adjustment of a child's circadian rhythm to this cycle can take several weeks to months.



As illustrated in the image (see above), the Earth rotates on a 24-hour axis, with 12 hours of daylight and 12 hours of darkness. This light is absorbed by the eyes and sent to the Suprachiasmatic nucleus, which then communicates with the body's cells. The clock genes within these cells continually record the amount of light received, leading to a continuous process. When night falls and light exposure decreases, melatonin production increases, facilitating restful sleep.

### Pineal melatonin response



Wehr TA, Duncan WC Jr, Sher L, et al. A circadian signal of change of season in patients with seasonal affective disorder.

*Arch Gen Psychiatry* 2001;58:1108-1114.

However, if you awaken in the middle of the night and switch on bright lights, the signal to the brain triggers a response, reducing melatonin production and transitioning you into an alert state, as depicted in graph above.

The light not only illuminates the external world but also governs the internal world. It signals the release of specific hormones for various physiological processes. Thus, understanding the role of light in regulating the body’s internal processes is crucial.

## Circadian Rhythms in Environments with Limited Light

### Submariners dyssynchrony of Circadian Chart

Kelly TL, Neri DF, Grill JT, Ryman D, Hunt PD, Dijk DJ, Shanahan TL, Czeisler CA. Nonentrained circadian rhythms of melatonin in submariners scheduled to an 18-hour day. *J Biol Rhythms*. 1999 Jun;14(3):190-6. doi: 10.1177/074873099129000597. PMID: 10452330.

The above reference delves into the impact of reduced light exposure, particularly in environments like submarines, where individuals spend extended periods underwater and experience significantly less light than they are accustomed to. In submarines, people receive approximately 200 lux of light. As a result, the

circadian rhythms of individuals in submarines become disrupted, leading to sleep disturbances. This highlights the importance of sufficient light exposure during the daytime as a prerequisite for good sleep.

## Phototransduction and Light as Medicine

### PHOTOTRANSDUCTION

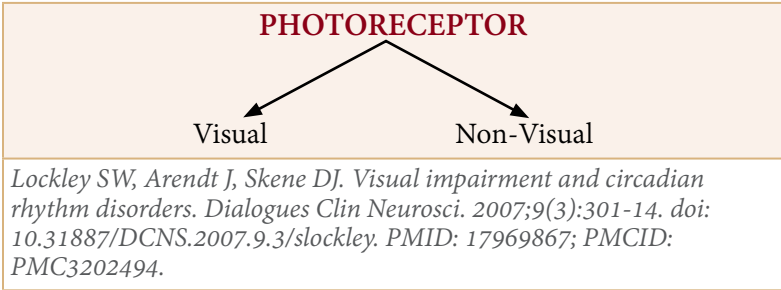
The title above introduces the concept of phototransduction, wherein the eyes not only serve to perceive the surrounding environment but also transmit signals to the body for the production of specific hormones at the appropriate times. The functioning of various organs within the body is regulated based on the hormones released. This underscores the idea that light can be considered a form of medicine, orchestrating essential physiological processes.

## Circadian Clocks in Blind Individuals

### BLIND

*Brainard GC, Hanifin JP. Photons, clocks, and consciousness. J Biol Rhythms. 2005 Aug;20(4):314-25. doi: 10.1177/0748730405278951. PMID: 16077151.*

Reference given above addresses an intriguing question: how do blind individuals, who cannot see light, regulate their circadian clocks? Research indicates that approximately 83% of blind individuals experience sleep disorders, while 17% maintain normal circadian rhythms without sleep issues. This discrepancy can be explained by the existence of specific photoreceptors near the eyes that do not serve a visual purpose. These non-visual photoreceptors are capable of signalling to the brain whether it is day or night, even in the absence of the ability to physically perceive light.



## Circadian Rhythm of Blood Pressure

**Circadian Rhythm of Blood Pressure**

*Stow LR, Gumz ML. The circadian clock in the kidney. J Am Soc Nephrol. 2011 Apr;22(4):598-604. doi: 10.1681/ASN.2010080803. Epub 2011 Mar 24. PMID: 21436284; PMCID: PMC5797999.*

If we take a look at the above reference (see above) it prompts us to perform a simple experiment. We are asked to measure our blood pressure at 10 a.m. and then again at 10 p.m. Typically, the blood pressure at 10 a.m. is 10%-20% higher than at 10 p.m. The circadian rhythm requires blood pressure to decrease at night to facilitate sleep. However, this pattern can be ‘reversed’ or ‘remain the same’ in some individuals.

Notably, individuals with ‘reversed’ circadian blood pressure patterns are at a higher risk of experiencing heart attacks, which corresponds to the observed increase in heart attack cases in recent years.



## The Impact of COVID-19 Vaccines on Circadian Clocks

### Covid Vaccine induced Circadian Dyssynchrony

*Han SH, Lee SY, Cho JW, Kim JH, Moon HJ, Park HR, Cho YW; Sleep Epidemiology Committee of the Korean Sleep Research Society. Sleep and Circadian Rhythm in Relation to COVID-19 and COVID-19 Vaccination-National Sleep Survey of South Korea 2022. J Clin Med. 2023 Feb 14;12(4):1518. doi: 10.3390/jcm12041518. PMID: 36836053; PMCID: PMC9967239.*

The reference above raises the question of what is contributing to the rising incidence of heart attacks. The presentation posits that the increase in heart attack cases is related to the COVID-19 vaccines, which are purported to cause circadian dyssynchrony. This, in turn, leads to myocarditis and subsequently results in health issues such as heart attacks and cardiac arrests. The implication is that circadian clocks can be disrupted through various means, with the potential for serious health consequences.

## Circadian Rhythm of the Kidneys

### Circadian Rhythm of Urine Output

*Stow LR, Gumz ML. The circadian clock in the kidney. J Am Soc Nephrol. 2011 Apr;22(4):598-604. doi: 10.1681/ASN.2010080803. Epub 2011 Mar 24. PMID: 21436284; PMCID: PMC5797999*

Reference above guides us through a simple experiment to understand the circadian rhythm of the kidneys. By collecting urine in two one-litre bottles during the daytime and nighttime, we can observe a significant difference in the volume of urine collected. Typically, urine output is about three times greater during the day compared to night time. If the results show the opposite pattern, with more urine produced at night, this may indicate a developing kidney problem. These examples emphasise that our bodies adhere to a timetable, known as the circadian rhythm and that disruptions to this timetable can lead to various diseases.

## Circadian Rhythm of the Pancreas

### **Circadian Rhythm of Pancreas**

*Leung GW, Huggins CE, Bonham MP. Effect of meal timing on postprandial glucose responses to a low glycemic index meal: A crossover trial in healthy volunteers. Clin Nutr. 2019 Feb;38(1):465-471. doi: 10.1016/j.clnu.2017.11.010. Epub 2017 Nov 22. PMID: 9248250.*

Reference above introduces the concept that what we eat between 8 a.m. and 8 p.m. is absorbed by the body more efficiently and contributes to better sugar control. The final meal of the day should be consumed by 6 p.m. to allow the pancreas to digest the food. Following this approach, individuals with diabetes can potentially reverse their condition. Eating after 8 p.m. disrupts the circadian rhythm of the pancreas by forcing it to remain active, potentially contributing to the development of diseases. This underscores the idea that disturbing the circadian rhythm of an organ can lead to disease.

## Body Temperature and Sleep-Wake Cycles

### **24hrs Body Temperature Rhythm**

*Harding EC, Franks NP, Wisden W. The Temperature Dependence of Sleep. Front Neurosci. 2019 Apr 24;13:336. doi: 10.3389/fnins.2019.00336. PMID:31105512; PMCID: PMC6491889.*

*Culver A, Coiffard B, Antonini F, Duclos G, Hammad E, Vigne C, Mege JL, Baumstarck K, Boucekine M, Zieleskiewicz L, Leone M. Circadian disruption of core body temperature in trauma patients: a single-center retrospective observational study. J Intensive Care. 2020 Jan 6;8:4. doi: 10.1186/s40560-019-0425-x. PMID: 31921428; PMCID: PMC6945723.*

Reference above encourages us to conduct an experiment by measuring our body temperature at 6 a.m. and 6 p.m. Typically, the body temperature at 6 p.m. is 0.05 degrees Celsius higher than at 6 a.m. This slight increase in temperature contributes to alertness. However, if this temperature variation is disrupted, it can affect the sleep-wake cycle.

## Circadian Rhythms and Medications

### Circadian Rhythm of sleep-wake up Cycle

Lévi F, Filipski E, Jurisci I, Li XM, Innominato P. Cross-talks between circadian timing system and cell division cycle determine cancer biology and therapeutics. *Cold Spring Harb Symp Quant Biol.* 2007;72:465-75. doi: 10.1101/sqb.2007.72.030. PMID: 18419306.

Reference above discusses how body temperature plays a role in our sleep-wake cycles and how it is affected by certain medications. Specifically, if body temperature fails to dip at the right time, it can interfere with melatonin production, leading to disrupted sleep. This may occur if individuals consume medications such as paracetamol.

## Assessment of Your Circadian Clock

### CIRCADIAN CHART ASSESSMENT

Name: \_\_\_\_\_ Age: \_\_\_\_\_

1. Time of sleep is \_\_\_\_\_ to \_\_\_\_\_
2. Duration of sleep is \_\_\_\_\_ hrs \_\_\_\_\_ min.
3. B.P at 10 am is \_\_\_\_\_ and B.P. at 10:00 pm is \_\_\_\_\_ .
4. Temperature at 6 am is \_\_\_\_\_ and temperature at 6 pm is \_\_\_\_\_
5. Urine output during day is \_\_\_\_\_ ml and during night (in between sleep) is \_\_\_\_\_ ml.
6. Average Blood Sugar (Fasting + Before Sleep Blood Sugar )
  - 6.1 Heaviest breakfast & lightest dinner is \_\_\_\_\_ mgdl
  - 6.2 Lightest breakfast & heaviest dinner is \_\_\_\_\_ mgdl
7. Maximum light exposure in a day is \_\_\_\_\_ lux.
8. Minimum light exposure day is \_\_\_\_\_ lux.
9. Maximum light exposure at night (when awake) is \_\_\_\_\_ lux.
10. Minimum light exposure at night (when awake) is \_\_\_\_\_ lux.

[www.biswaroop.com/circadianassessment](http://www.biswaroop.com/circadianassessment)

Given in the previous page is an assessment test that can be conducted on oneself or others. This assessment includes tests related to sugar fasting and light exposure. For the sugar fasting test, you can experiment with different meal sizes at breakfast, lunch, and dinner, and observe the effects on fasting blood sugar levels. To measure light exposure, you can download a Lux metre app, which helps evaluate the effectiveness of your circadian clock.

## Circadian Disruption in the Modern World

### The Impact of Artificial Light



Image (see above) provides an image of Earth taken from a satellite. The illumination observed on the planet's surface is a relatively recent discovery of the last 100 years. For the majority of human history, spanning approximately 3 lakh (300,000) years, electricity was non-existent. It is only in the last century that electricity became widely available. In today's world, we can expose our eyes to artificial light even during the night, thanks to the advent of electricity, the internet, and mobile phones. This has blurred the distinction between day and night, as our brains now receive light signals even during the night. However, our bodies are

programmed according to a system that dates back 3 lakh years, shaped by the lifestyle of our ancestors. Modern advancements are breaking the rules by exposing both the visual and non-visual receptors of the body to light even at night, potentially leading to health consequences.

## The Consequences of Light at Night (LAN)

### **Disruption in intrinsic timing or circadian clock LAN (Light at Night)**

*Urbano T, Vinceti M, Wise LA, Filippini T. Light at night and risk of breast cancer: a systematic review and dose-response meta-analysis. Int J HealthGeogr. 2021 Oct 16;20(1):44. doi: 10.1186/s12942-021-00297-7. PMID:34656111; PMCID: PMC8520294.*

Shift workers and flight attendants are particularly affected by the impact of light exposure at night. LAN can lead to a significant disruption in our circadian rhythms. Flight attendants and shift workers, who often engage in night shifts and long-haul flights that cross multiple time zones, experience a pronounced disturbance in their circadian rhythms. Exposure to artificial light at night suppresses the production of melatonin, a hormone crucial for sleep regulation. This suppression makes it challenging for individuals in these professions to sleep during daylight hours. The desynchronization between the body's internal clock and the external environment has been associated with an increased risk of developing chronic diseases such as heart disease, diabetes, and cancer. Furthermore, shift workers are more susceptible to gastrointestinal disorders, depression, and reproductive health problems.

### **Impact of LAN on shift workers & flight attendants**

*Urbano T, Vinceti M, Wise LA, Filippini T. Light at night and risk of breast cancer: a systematic review and dose-response meta-analysis. Int J HealthGeogr. 2021 Oct 16;20(1):44. doi: 10.1186/s12942-021-00297-7. PMID:34656111; PMCID: PMC8520294.*

*Sulli G, Lam MTY, Panda S. Interplay between Circadian Clock and Cancer: New Frontiers for Cancer Treatment. Trends Cancer. 2019 Aug;5(8):475-494. doi: 10.1016/j.trean.2019.07.002.*

## Disturbing the Circadian Rhythm

### **Impact of Time Window of Eating on Pancreas & death due to Cancer**

*Chan K, Wong FS, Pearson JA. Circadian rhythms and pancreas physiology: A review. Front Endocrinol (Lausanne). 2022 Aug 10;13:920261. doi: 10.3389/fendo.2022.920261. PMID: 36034454; PMCID: PMC9399605.*

Reference given above underscores the connection between lifestyle choices and the circadian rhythm. Staying awake at night and sleeping during the day effectively means you are consuming meals when your pancreas should be at rest. Consequently, you force your pancreas' circadian clock to become distorted and alter its timing. This disruption can lead to the manifestation of various diseases.

## The Path to Health and Reversal of Disease

### **Night Shift workers are 5 times more prone to develop Breast Cancer, Rectal Cancer and Prostate Cancer**

*Filipski E, Innominato PF, Wu M, Li XM, Iacobelli S, Xian LJ, Lévi F. Effects of light and food schedules on liver and tumor molecular clocks in mice. J Natl Cancer Inst. 2005 Apr 6;97(7):507-17. doi: 10.1093/jnci/dji083. Erratum in: JNatl Cancer Inst. 2005 May 18;97(10):780. PMID: 15812076.*

Reference given marks a turning point where you decide to alter your lifestyle and minimise nighttime light exposure while reversing your behaviours and habits. This shift towards reducing night time exposure to artificial light and restoring a more natural circadian rhythm can lead to the reversal of diseases. Essentially, the disturbance of the circadian rhythm can create the conditions for diseases like cancer to develop, and by correcting it, you can initiate a process of reversal.

## Overall Impact of Circadian Rhythms

### Circadian Clock can halt progression of Cancer & reverse lifestyle-oriented diseases

Lévi F, Filipski E, Iurisci I, Li XM, Innominato P. Cross-talks between circadian timing system and cell division cycle determine cancer biology and therapeutics. *Cold Spring Harb Symp Quant Biol.* 2007;72:465-75. doi: 10.1101/sqb.2007.72.030. PMID: 18419306.

Chan K, Wong FS, Pearson JA. Circadian rhythms and pancreas physiology: A review. *Front Endocrinol (Lausanne).* 2022 Aug 10;13:920261. doi: 10.3389/fendo.2022.920261.

Reference given emphasises the profound impact of circadian rhythms on human health. Disturbances in these rhythms have far-reaching consequences, affecting various aspects of health, including the development of diseases. By understanding and respecting our natural circadian rhythms, we can take significant steps towards improving our overall well-being and potentially reversing the effects of disease.

## Conclusion

In this chapter, we explored the concept of circadian rhythms and their role in governing our daily lives and overall health. We discussed how circadian rhythms are natural 24-hour cycles influenced primarily by light and darkness, and how these rhythms regulate various physiological processes in living organisms.

## Key Takeaways

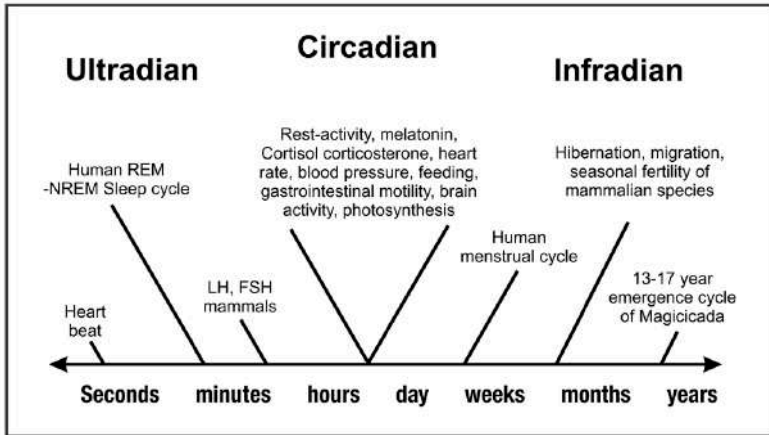
1. Circadian rhythms control our sleep-wake patterns and are highly responsive to external factors, especially light. The presence or absence of light signals the brain to release specific hormones, influencing our state of alertness or rest.
2. Circadian rhythms are essential for the proper functioning of our bodies and play a role in metabolism, digestion, and overall well-being.

3. In Ayurveda, daily routines, known as Dinacharya, contribute to our health, discipline, happiness, and longevity.
4. Understanding the behaviour of newborns in relation to circadian rhythms helps us appreciate that their circadian systems gradually mature in response to environmental cues, like light and darkness.
5. Circadian rhythms are influenced by external light exposure, and disturbances in these rhythms, such as working night shifts, can lead to sleep disorders and health problems.
6. Circadian rhythms affect various aspects of physiology, including the circadian rhythm of blood pressure, which can impact an individual's risk of experiencing heart attacks.
7. Disruptions in circadian rhythms, such as those caused by the COVID-19 vaccines, can lead to health issues.
8. Our daily eating patterns can impact the circadian rhythm of the pancreas and affect sugar control. Eating late at night may disturb the circadian rhythm, potentially leading to disease.
9. The body temperature varies during the day, influencing our sleep-wake cycles. Certain medications can disrupt this variation.
10. Circadian rhythms are deeply interconnected with various aspects of our health, and disturbances in these rhythms can lead to the development of diseases.
11. Our modern lifestyle with excessive exposure to artificial light at night can disrupt our circadian rhythms, potentially contributing to health issues. Shift workers and flight attendants are particularly affected by these disruptions.
12. Lifestyle choices, such as staying awake at night and consuming meals at the wrong times, can disturb circadian rhythms and lead to the manifestation of diseases.
13. Restoring a more natural circadian rhythm through lifestyle changes can initiate the process of reversing diseases and improving overall health.
14. Circadian rhythms have a profound impact on human health, and understanding and respecting these rhythms can lead to improved well-being and potentially the reversal of diseases.



## Chapter 5

# The Three Rhythms of Nature



Nature is a magnificent orchestra of rhythms, cycles, and timings, and understanding these natural patterns holds the key to unlocking the mysteries of the human body and curing diseases. At the heart of these natural rhythms is the circadian cycle, which spans a complete day, lasting 24 hours. But nature's symphony goes beyond just the circadian rhythm.

### Ultradian Rhythms

Beneath the 24-hour circadian rhythm lie the ultradian rhythms. These are cycles shorter than a day but longer than an hour, governing various vital functions within us. They dictate processes like blood circulation, blinking, heart rate, growth hormone secretion, thermoregulation, and even appetite and arousal. These rhythms, while often subtle, play a significant role in our daily lives.

## Infradian Rhythms in Nature

Venturing into the realm of infradian rhythms, we uncover biological cycles that stretch beyond the boundaries of a single day. The natural world dances to the tunes of infradian rhythms, evident in phenomena such as hibernation and the migratory patterns of animals. Creatures like polar bears slumber for an astonishing 5 to 7 months, tortoises embrace a 10 to 16-week rest, and bats indulge in a staggering 200-day slumber. Meanwhile, humans bear their infradian rhythm—the menstrual cycle, impacting not only fertility but health itself.

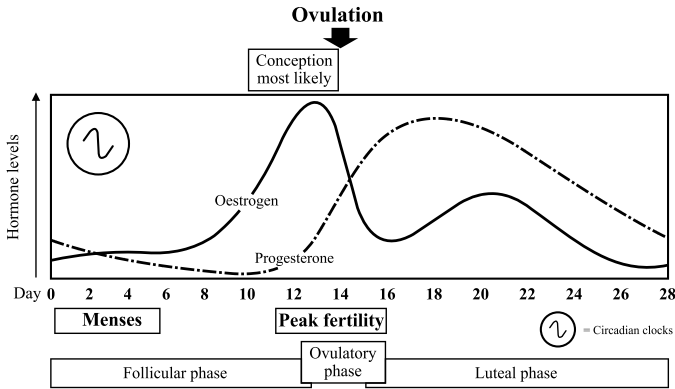
## Magicicada: The Seventeen-Year Marvel

Enter the captivating realm of Magicicada, the periodical cicadas that boast synchronised life cycles of either 17 or 13 years. These enigmatic insects possess striking features, adorned with black bodies, red eyes, and red wing veins. Every 17 years, they emerge from their subterranean dwellings in staggering numbers, forming dense congregations where males serenade stationary females through brief flights and calls. These cicadas, after their long wait, become a crucial food source for numerous animal species. Magicicada's existence is a testament to nature's intricate temporal symphony.

To watch life cycle of Magicicada scan the QR Code



## The Human Menstrual Cycle



*The Changes in oestrogen and progesterone across the female menstrual cycle leading to ovulation*

Shifting our gaze to the human context, the menstrual cycle emerges as a focal point. Within this cycle lies a peak in fertility, precisely in its middle phase. Disruptions to this delicate balance can signify underlying illnesses, highlighting the vital role it plays in a woman's well-being.

## The Rhythmic Movements of Nature

Rhythmic behavior in nature	Rhythmic behavior in living systems	Rhythmic behavior in humans
Day / Night cycle	Migration	Sleep / Wake cycle
Lunar cycle	Hibernation / Aestivation	Feeding cycle
Tidal cycle	Reproductive cycle	Bowel movement
Temperature cycle	Insect diapauses	Heart Beat
Seasonal cycle	Germination / Flowering	Hormone release
Cyclones	Leaf / Stomatal movement	Menstrual cycle
Monsoon		Nasal cycle

Observing the world around us, we discover that every facet of nature boasts its rhythmic movements. Even leaves partake in this symphony with a phenomenon known as the Stomatal movement. During the day, they unfurl, only to close up at night. These innate rhythms are essential for their survival and overall health.

## Aestivation: Nature's Summer Slumber

Much like the familiar concept of hibernation, nature unfolds the concept of aestivation. This is a state of dormancy, akin to hibernation, but adapted to the sweltering conditions of summer rather than the frigid cold of winter. It's marked by inactivity and a reduced metabolic rate—a survival strategy in response to scorching temperatures and arid environments. Both invertebrate and vertebrate creatures adopt this strategy, safeguarding themselves against the perils of high heat. The fossil records even hint at the evolution of aestivation hundreds of millions of years ago.

## The Diverse Durations of Dormancy

Astonishingly, different animals adopt varied durations of dormancy to suit their unique needs. Earthworms enter a sleep mode for 1 to 2 years, snails take an extended rest lasting up to 3 years, and even crocodiles, masters of survival, engage in a 4-month dormancy cycle every year. Each species adheres to its internal clock, and any disruption in this cycle could lead to dire consequences, even death.

## The Migration Mysteries of Birds



The captivating migration of birds is an annual spectacle in the natural world. But how do these feathered voyagers find their way to their predetermined destinations, year after year? Birds and many other creatures possess a built-in tracking system linked to Earth's geomagnetic field. This internal compass guides them along their migratory routes, ensuring they reach their intended spots with uncanny precision.

## The Disruptive Influence of 4G and 5G Towers

However, a shadow looms over this incredible phenomenon. The proliferation of 4G and 5G towers disrupts this finely tuned system, throwing a wrench into the inner compass of migratory birds. Their sense of direction becomes marred, leading them to unintended and often inhospitable destinations.

To illustrate this theory, you can conduct a simple experiment using 15-20 mobile phones with active internet connections. Place them in a bag in the middle of a road, and watch how navigation apps like Google Maps register phantom obstructions due to these devices.

Similarly, the proliferation of 5G towers deceives and disorients our avian friends, ultimately affecting their survival and migration patterns.

## Chapter 5

In the vast symphony of nature's rhythms, understanding and respecting these temporal cues becomes pivotal for both human and animal well-being.

In the chapters that follow, we'll delve deeper into the remarkable ways in which these rhythms influence our lives and our health.

# The Hidden Rhythms of Human Health

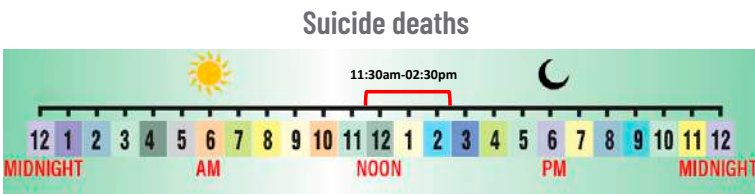
Here we will explore the intriguing relationship between the timing of various human experiences and the natural rhythms of life. Our voyage begins with the profound impact of nature's clock on human birth and extends to the subtler dimensions of illness and well-being.

## 1. The Hour of Birth



As dawn breaks and the world stirs from its slumber, the majority of human births take place between 1:30 a.m. and 6:30 a.m., unveiling the profound connection between our emergence into the world and the early light of day.

## 2. Tragic Timing: Suicide Deaths



In the realm of human suffering, the timing of suicide deaths is a sombre revelation. Most of these tragic events occur between 11:30

a.m. and 2:30 p.m. As we reflect on this timing, we are drawn to understand the profound role that timing plays in our lives.

### 3. Unlocking the Mystery of Angina

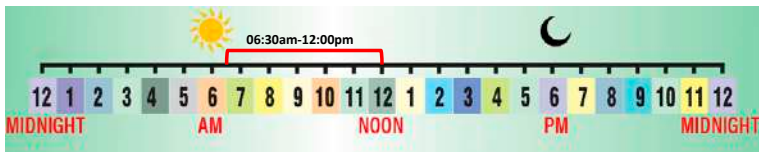
#### Angina



The heart, too, dances to the rhythm of nature. Angina, characterized by chest pain, commonly strikes between 5 a.m. and 8 a.m. The heart's own symphony is orchestrated by the morning sun.

### 4. The Timing of Cardiac Death

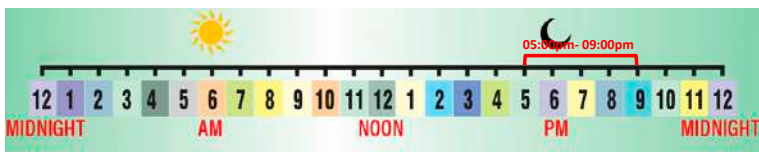
#### Stroke, Heart attack, Sudden cardiac death



Cardiac death predominantly unfolds between 6:30 a.m. and 12 p.m. This temporal pattern underscores the intricate relationship between our heart's health and the passage of time.

### 5. The Pain of Osteoarthritis

#### Osteoarthritis



For those grappling with osteoarthritis, the evening hours, from 5 p.m. to 9 p.m., bring heightened pain and discomfort. Nature's clock weaves its narrative even into these challenging moments.

## 6. The Morning Agony of Rheumatoid Arthritis

### Rheumatoid arthritis



The dawn marks the period of most intense pain for individuals suffering from rheumatoid arthritis. Between 4:30 a.m. and 7:30 a.m., the discomfort is at its peak.

## 7. The Dawn of Allergic Rhinitis

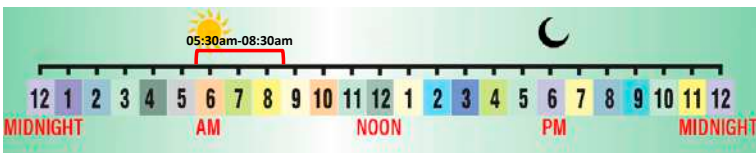
### Allergic rhinitis



Allergic rhinitis, often aggravated by morning allergens, wreaks havoc between 5:30 a.m. and 8:30 a.m. In these early hours, the body's reaction to nature's cues is most pronounced.

## 8. Breathing Troubles with the Morning Sun: COPD

### COPD



As the day begins, the severe symptoms of chronic obstructive pulmonary disease (COPD), characterized by difficulty in breathing, are most noticeable between 5:30 a.m. and 8:30 a.m.



## 9. Migraines: The Tale of Two Timings

### Migraine headache (morning chronotype)



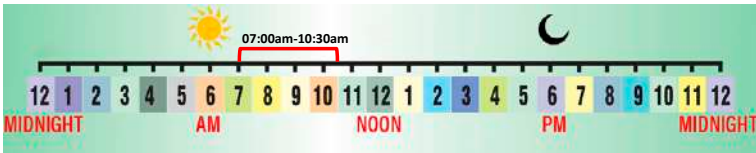
### Migraine headache (evening chronotype)



Migraine headaches follow a fascinating pattern divided into two categories: morning and evening. Morning types, known as “lion types,” experience severe migraines between 8 a.m. and 1:30 p.m. In contrast, evening types, often referred to as “wolf types,” endure these headaches between 12:30 p.m. and 3:30 p.m.

## 10. The Morning Threat: Meningitis

### Death from meningitis



Meningitis, a potentially fatal infection, is most likely to claim lives between 7 a.m. and 10:30 a.m. This morning affliction is a testament to the deeper connection between our well-being and the clock that governs our world.

## 11. The Afternoon Danger - Peptic Ulcer Perforation

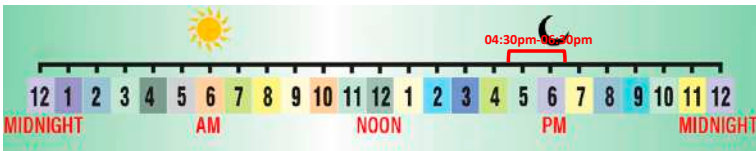
### Peptic ulcer perforation



Between 4 p.m. and 5 p.m., a particular threat emerges—peptic ulcer perforation. During these hours, the stomach’s silent struggles reveal themselves, emphasizing the role of timing in our health.

## 12. Epilepsy - Unveiling the Lobe Divide

### Occipital lobe epileptic seizures



Epilepsy, a condition characterised by seizures, exhibits distinct timings based on the affected brain lobe. For those with disturbances in the occipital lobe, seizures are most likely to strike between 4:30 p.m. and 6:30 p.m.

### 13. Frontal Lobe Epileptic Encounters

Frontal lobe epileptic seizures



In the front part of the brain, known as the frontal lobe, epilepsy tends to occur between 5 a.m. and 8 a.m. Here, the morning light holds a unique influence on the brain’s electrical activities.

### 14. The Evening Intrigue - Temporal Lobe Epilepsy

Temporal lobe epileptic seizures



The side of the brain housing electrical irregularities, the temporal lobe, becomes the stage for epilepsy attacks between 7:30 p.m. and 12 a.m. These evening hours hold the mysteries of the mind’s delicate balance, making us ponder the profound connection between the brain’s secrets and the time of day.

Understanding these intricate timings is not just a window into the mysteries of human health but also an opportunity to harness the power of our circadian rhythms for overall well-being.

### 15. Sundowning: Dementia’s Evening Agitation

Alzheimer’s sundowning



In the later hours of the afternoon and toward evening, individuals with dementia may exhibit bewildering and distressing behaviours—a phenomenon known as “Sundowning.” This period of increased agitation, hallucinations, and delusions extends into the night, often making it challenging for them to find restful sleep. These trying moments are most pronounced between 5 p.m. and 8 p.m., revealing the intimate relationship between the human mind and the changing skies.

## 16. The Midnight Sting of Gout



For those suffering from gout, the night’s stillness is shattered by intense pain, peaking between 1 a.m. and 5 a.m.

## 17. Nerve Pain: Midnight’s Agony



Nerve pain, a condition known as neuralgia or neuropathic pain, intensifies during the late hours, from 8:30 p.m. to 2 a.m., accentuating the mysterious connection between our nervous system and the clock’s hands.

## 18. Cluster Headaches: The Witching Hour

### Cluster headache



Cluster headaches, aptly named for their excruciating grouping, tend to emerge more frequently between 1:30 a.m. and 4:30 a.m. as if the night holds a key to their agony.

## 19. Dawn's Challenge: Asthma Symptoms

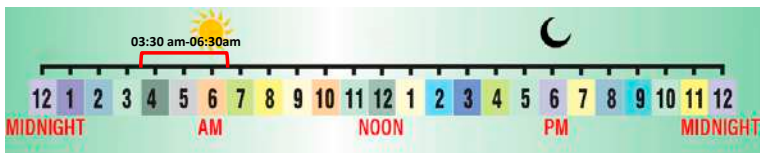
### Asthma



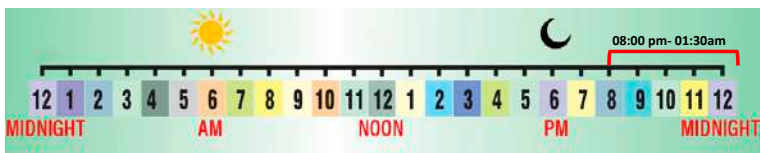
Asthma, with its characteristic breathing difficulties, becomes more severe between 2:30 a.m. and 6 a.m. as if the early hours pose a unique challenge for those affected.

## 20. The Unveiling of More Timed Ailments

### Toothache



### Eczema and psoriasis



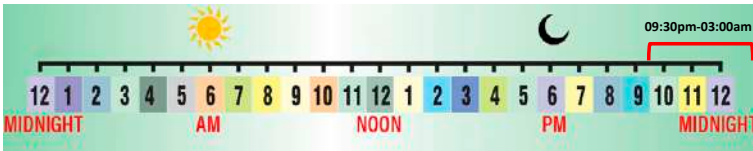
### Incontinence



Our exploration extends to various other health conditions, each revealing its own unique timing, as presented in the accompanying images.

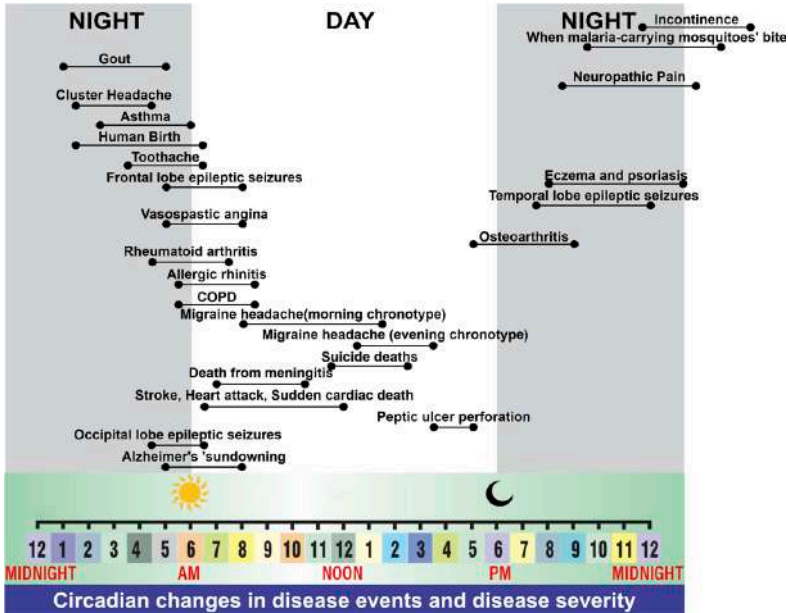
### 21. The Midnight Assault: Malaria-Carrying Mosquitoes

#### When malaria-carrying mosquitoes' bite



The sinister mosquitoes carrying malaria-causing germs are most likely to strike between 9:30 p.m. and 3 a.m., bringing the threat of disease under the veil of night.

## Understanding the Puzzle: The Summary of Timed Diseases

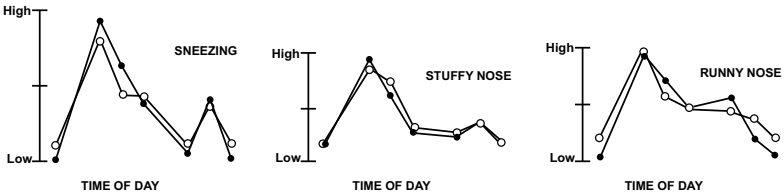


The image above shows a comprehensive summary of these timed afflictions, highlighting the severity of symptoms during specific hours. This knowledge is a crucial step towards not only treating diseases but also recognizing the profound importance of correcting our own circadian rhythms.

In many cases, despite our best efforts, some individuals struggle to find healing. It is now evident that we must direct our attention toward aligning with nature's rhythms to facilitate true recovery.

## Nasal Rhythms - Sneeze, Stuffy Nose, and More

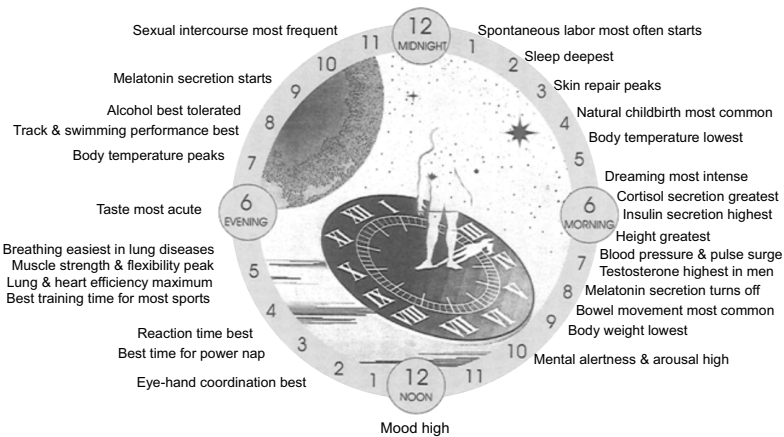
### The Nose has its own clock



To restore our circadian rhythm, we must comprehend the intricate dance between our body and nature. Even your nose has its circadian rhythm. The intensity of sneezing and the experience of a stuffy or blocked nose reach their peak during the early morning hours. These natural rhythms influence our daily experiences.

## Body's Timed Symphony

### THE BEST OF TIMES



As revealed in the image above, the body operates on a strict schedule. Various functions, such as a rise in blood pressure or bowel movements, peak at specific times of the day. Here's an intriguing fact: you're the tallest in the morning! Measuring your height in the morning can show an increase of up to 1 centimetre

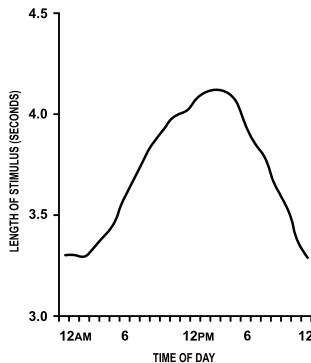


compared to your height before sleep. Height, like many other bodily functions, is not fixed but follows its circadian rhythm.

## Case Study – The Morning Height Phenomenon

As part of this course, you can engage in an intriguing case study. Gather 10 volunteers and measure their height before they go to sleep. Then, measure their height again upon waking up. The results are likely to reveal a remarkable difference of approximately 1 centimetre. This means that you are at your shortest height before falling asleep and experience a growth spurt, becoming the tallest when you rise in the morning. Height, like many other bodily functions such as blood pressure and blood sugar levels, is not constant throughout the day, emphasising the significance of understanding our circadian rhythms.

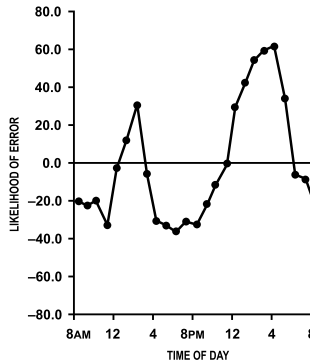
## The Afternoon's Healing Comfort



*If you're going to the dentist, consider a late afternoon appointment.  
You can best tolerate pain from cold and other stimuli in the mid- to late afternoon*

Another fascinating revelation is that your pain tolerance is at its highest in the afternoon. Therefore, if you ever consider dental surgery or a transplant, the optimal time is the afternoon. The graph above illustrates that pain is most intense during the early morning and at its lowest in the afternoon. Even pain itself adheres to a cycle.

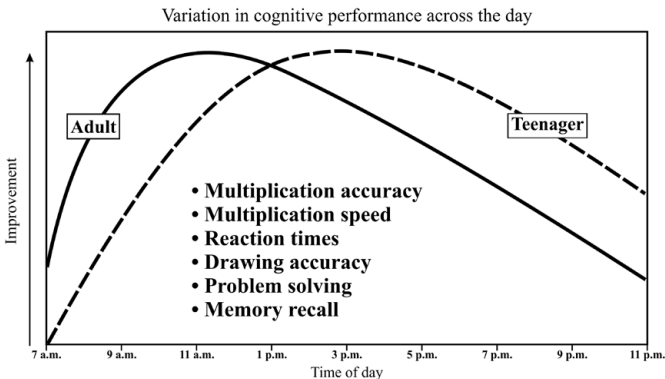
## The Hours of Human Errors



*People encounter problems when expected to perform dangerous tasks at times of day or night when circadian rhythms put them at a disadvantage. In the early afternoon your change of making mistakes is about 50 percent higher than before noon or in the early evening. Four a.m. is the time when real disasters occur and is associated with a nearly 100 percent increase in the incidence of work disasters.*

There's a specific window when the likelihood of human errors peaks. Between 3 a.m. and 4 a.m., a disproportionate number of accidents and disasters take place. If you find yourself travelling during these early morning hours, exercise extra caution, as your chances of making mistakes increase by a staggering 50%. Being vigilant during these hours is crucial.

## The Rhythmic Precision - Accuracy Insights



Accuracy, too, follows its circadian rhythm. For teenagers, peak accuracy occurs during the afternoon, while for adults, the morning

is the prime time for precision. These age-related variations in accuracy underscore the significance of recognizing and working with our circadian rhythms.

## Conclusion

In this chapter, we've explored the fascinating world of natural rhythms and their influence on human health. We delved into the three main categories of rhythms: circadian rhythms, ultradian rhythms, and infradian rhythms, each governing various vital functions in the human body. These natural rhythms extend far beyond the daily circadian cycle, impacting our well-being, health, and even the timing of various health conditions.

## Key Takeaways

1. Circadian rhythms, with a 24-hour cycle, are well-known and govern our daily activities and biological processes.
2. Ultradian rhythms, shorter than a day but longer than an hour, control processes such as heart rate, growth hormone secretion, and appetite.
3. Infradian rhythms, stretching beyond a single day, impact phenomena like the menstrual cycle, hibernation, and the migratory patterns of animals.
4. We explored the intriguing example of *Magicicada*, periodical cicadas with synchronised life cycles, highlighting nature's intricate temporal symphony.
5. In the realm of human health, we've unveiled the connection between timing and various health conditions, including birth, suicide deaths, angina, cardiac death, osteoarthritis, rheumatoid arthritis, allergic rhinitis, COPD, and many more.
6. The disruptive influence of 4G and 5G towers on migratory birds emphasises the importance of respecting these temporal cues in nature.
7. Nasal rhythms, sneezing, and blocked nose symptoms also follow their circadian pattern.

## Chapter 5

8. The body's functions, including height, blood pressure, and bowel movements, have specific peak times during the day.
9. We explored the intriguing phenomenon of heightened pain tolerance in the afternoon and increased likelihood of human errors during the early morning hours.
10. Accuracy follows a circadian rhythm, with variations in optimal timing for teenagers and adults.

Understanding these rhythms not only sheds light on the mysteries of human health but also offers an opportunity to harness the power of circadian rhythms for overall well-being. Recognizing the profound impact of timing on various aspects of human life can lead to more effective treatments and preventive measures. In the chapters to come, we will delve even deeper into the intricate relationship between these rhythms and human health, exploring how we can align ourselves with the natural clock to enhance our lives.

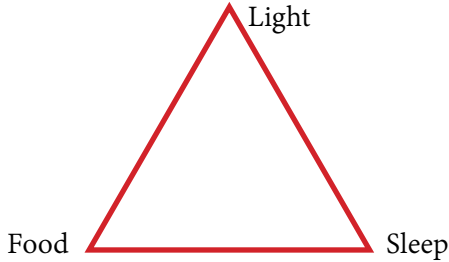
## Chapter 6

---

# How to Improve Circadian Rhythm

## Factors Influencing Circadian Rhythm

---



To control or enhance your circadian rhythm, three essential factors come into play: light, food, and sleep. As we've learned, both the human body and nature have their inherent rhythms and timing.

### The Importance of Light in Circadian Rhythm

For the majority of our existence on Earth, light was synonymous with sunlight. Humans have adapted to a 24-hour environment characterised by alternating patterns of light and darkness. Our circadian pacemaker, the suprachiasmatic nuclei (SCN) in the hypothalamus, synchronises our internal biological rhythms to the 24-hour solar day through a pathway from the retina. Variations in ambient illumination during the day and night significantly affect behaviours, such as sleep and wakefulness, and their underlying biological processes.

Modern lifestyles have introduced artificial light, especially during the evening and nighttime. Exposure to artificial light at these times can disrupt circadian rhythms, leading to circadian rhythm sleep-wake disorders (CRSWD). It's essential to understand the effects

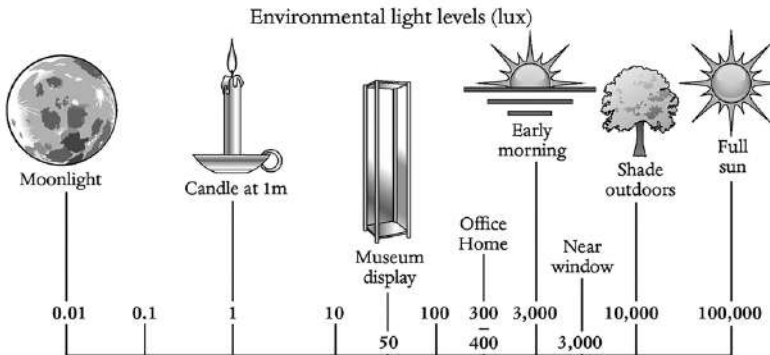
## Chapter 6

of light on human physiology, and this requires an understanding of light itself.

Light is a form of radiation within a specific range of the electromagnetic spectrum, described by its spectral distribution, quantifying energy as a function of wavelength. The range of visible light falls between 380 and 780 nanometers (nm).

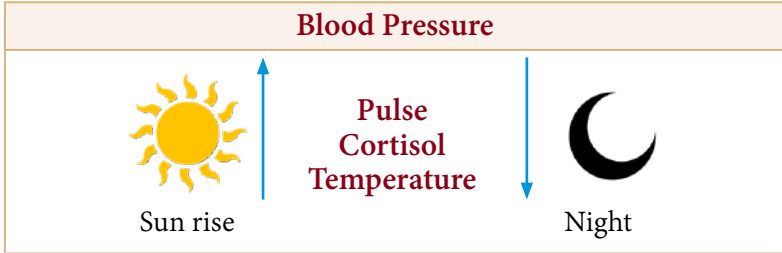
During the day, direct sunlight can provide illuminance levels up to 100,000 lux, while full daylight offers around 25,000 lux. Indoor settings, like standard offices, typically have illuminance levels of approximately 500 lux, if not lower. Daylight's spectrum is relatively broad and can vary depending on geographic location and season.

In terms of human evolution, the availability of artificial light throughout the day is a relatively recent development. Artificial light sources, such as incandescent, fluorescent, or LED lighting, can all appear “white” but have varying effects on the circadian clock due to differences in their spectra.



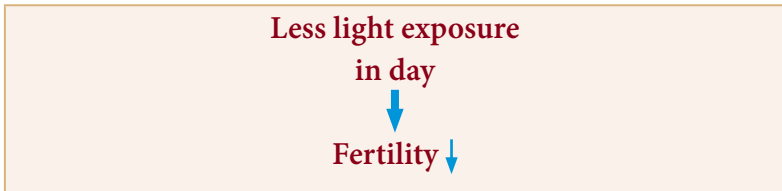
In the provided illustration, you can see that our bodies are designed to receive substantial light during the day, around 2000-3000 lux, while we should only be exposed to roughly 10 lux of light at night. When we deviate from this natural balance, we disrupt our circadian rhythm.

## The Ideal Circadian Rhythm



A healthy circadian rhythm follows a daily pattern where blood pressure, cortisol levels, body temperature, and pulse rise as the day begins and the sun rises. Conversely, as the day turns into night, these parameters decrease. This pattern reflects the body's ideal circadian rhythm. Exposure to excessive artificial light during the night can disrupt this natural cycle and subsequently influence hormone production, potentially leading to various health issues.

## Sunlight and Fertility



**Roenneberg, T., & Aschoff, J. (1990). Annual rhythm of human reproduction: II. Environmental correlations.**

*Journal of Biological Rhythms*, 5(3), 217–239.

Among women, limited exposure to daylight during the daytime has been linked to reduced fertility. Ensuring you get enough sunlight can improve your fertility. Sunlight influences the levels of melatonin and Vitamin D, both of which play significant roles in regulating women's reproductive cycles. Vitamin D, in particular, is essential for enhancing fertility and reproductive health. A deficiency in this vitamin can lead to reduced hormone levels, decreased ovulation, and impaired sperm production. While vitamin D can be obtained from food sources, the primary

means of acquiring this vital nutrient is through sunlight exposure. Activities like taking walks, going hiking, and gardening can provide the extra sun exposure necessary to boost fertility.

## Skin's Role in Light Reception

### Light Signal travels through your skin

*Campbell SS, Murphy PJ. Extraocular circadian phototransduction in humans. Science. 1998 Jan 16;279(5349):396-9. doi: 10.1126/science.279.5349.396. PMID: 9430592*

Remarkably, our bodies feature “micro eyes.” While we typically breathe through our nose 99% of the time, the remaining 1% involves breathing through our skin. This suggests that if our skin can breathe, it can also “see” to some extent. The brightness of light indeed affects our bodies, as the skin can receive light signals that instruct the body on which hormones to produce at different times.

## Blind People and Hormonal Disorders

### Blind, twice likely to have sleep disturbance

*Léger, D. Blindness and sleep patterns (letter). Lancet. 1996;348:830-831.*

Individuals who are blind, relying on their skin rather than their eyes to receive light, have been observed to experience a range of hormonal disorders. This can lead to sleep disturbances. The skin effectively acts as the “eye” in this context, influencing the body’s internal processes.

## The Impact of Sleep on Academic Performance

### High achievers in school sleep 25 minutes longer

**Wolfson AR, Carskadon MA. Sleep schedules and daytime functioning in adolescents. Child Dev.**

*1998 Aug; 69(4):875-87. PMID: 9768476.*



Researchers have found that high-achieving students tend to sleep for an average of 25 minutes longer than their peers. Both the quality and quantity of sleep play vital roles in determining mental performance.

## The Consequences of Circadian Rhythm Disruption

<b>Sleep &amp; Circadian Rhythm Disorders</b>
↑ Cortisol ← → Immunity ↓
<i>Morey, J. N., Boggero, I. A., Scott, A. B. and Segerstrom, S. C. Current directions in stress and human immune function. Curr Opin Psychol 5, 13-17, doi:10.1016/j.copsyc.2015.03.007 (2015).</i>
<b>SCRD</b>

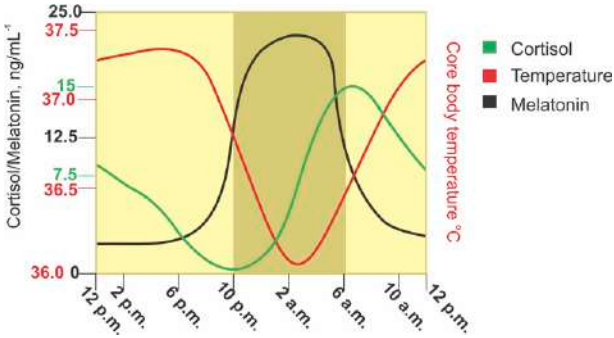
When your circadian rhythm is disrupted, it can have a profound impact on your immune system, leading to Sleep and circadian Rhythm Disorders (SCRD). These disorders are problems that arise when your body's internal clock, regulating your sleep-wake cycle, falls out of sync with your external environment.

Your body attempts to align its sleep-wake cycle with cues from the environment, like light or darkness, meal times, and physical activity. When these cues and your internal clock are out of sync, you may experience difficulties sleeping, leading to poor sleep quality. Persistent disruptions of your sleep-wake cycle can result in a circadian rhythm disorder.

Such disruptions can be temporary and stem from lifestyle choices, occupation, or travel. They can also be long-term due to factors like ageing, genetics, or medical conditions. Symptoms can include excessive daytime sleepiness, reduced alertness, and memory and decision-making problems.

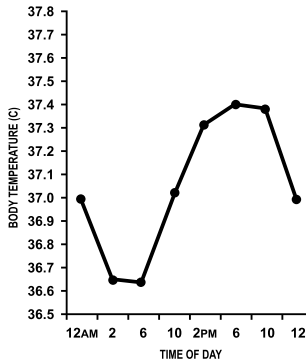
SCRD affects various diseases as well. An example is the production of cortisol, which, when produced at the wrong time or excessively, can lead to sleep disorders, disrupting the circadian rhythm and ultimately weakening the body's immune system. Reduced immunity makes a person more susceptible to various illnesses.

## Synchronising Factors for Sleep Induction



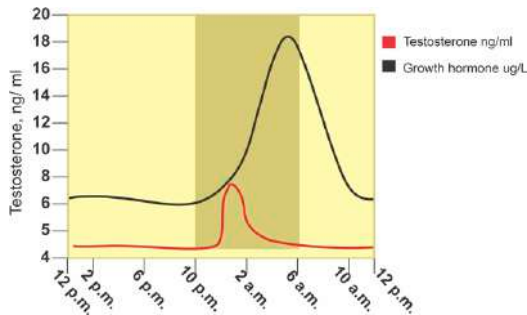
In the above graph, three crucial factors—cortisol, melatonin, and temperature—have specific times when they reach their peaks. When melatonin levels are high, while cortisol and temperature are low, the body is primed for sleep. The synchronisation of these three factors induces a state of drowsiness during the night. Any disturbance in these factors can lead to sleep disturbances and SCRD.

## Body Temperature and Sleep Induction



The graph illustrates that body temperature fluctuates throughout the day, with a noticeable dip during the latter part of the day. This temperature drop is a natural sleep-inducing cue.

## Interconnected Hormones



Two important hormones, testosterone and growth hormone, are interconnected. A disturbance in one of these hormones can significantly affect the other.

## Mental Health and SCRD

### SCRD Fluctuation in mood

Banks, S. and Dinges, D. F. Behavioral and physiological consequences of sleep restriction. *J Clin Sleep Med* 3, 519-28 (2007).

Oginska, H. and Pokorski, J. Fatigue and mood correlates of sleep length in three age-social groups: school children, students, and employees. *Chronobiol Int* 23, 1317-28, doi:10.1080/07420520601089349 (2006).

Scott JP, McNaughton LR, Polman RC. Effects of sleep deprivation and exercise on cognitive, motor performance and mood. *Physiol Behav.* 2006 Feb 28;87(2):396-408. doi: 10.1016/j.physbeh.2005.11.009. Epub 2006 Jan 3. PMID: 16403541.

### SCRD Irritability, anxiety, Loss of empathy, Frustration

Dahl, R. E. and Lewin, D. S. Pathways to adolescent health: sleep regulation and behavior. *J Adolesc Health* 31, 175-84 (2002).

Kelman, B. B. The sleep needs of adolescents. *JSch Nurs* 15, 14-19 (1999).

Muecke, S. Effects of rotating night shifts: exercise on cognitive, motor performance and mood. *Physiol Behav* 87, 396-408, doi:10.1016/j.physbeh.2005.11.009 (2006).

**SCRD**  
**Risk Taking and Impulsivity**

Acheson, A., Richards, J. B. and de Wit, H. *Effects of sleep deprivation on impulsive behaviors in men and women.* *Physiol Behav* 91, 579-87, doi:10.1016/j.physbeh.2007.03.020 (2007).

McKenna, B. S., Dickinson, D. L., Orff, H. J. and Drummond, S. P. *The effects of one night of sleep deprivation on known-risk and ambiguous-risk decisions.* *J Sleep Res* 16, 245-52, doi:10.1111/j.1365-2869.2007.00591.x (2007).

O'Brien, E. M. and Mindell, J. A. *Sleep and risk-taking behavior in adolescents.* *Behav Sleep Med*

**SCRD**  
**Negative salience**

Laposky, A. D., Bass, J., Kohsaka, A. and Turek, F. W. *Sleep and circadian rhythms:*

*key components in the regulation of energy metabolism.* *FEBS Lett* 582, 142-51, doi:10.1016/j.febslet.2007.06.079 (2008)

**SCRD**  
**Stimulant, sedative & alcohol abuse**

Baranski, J. V. and Pigeau, R. A. *Self-monitoring cognitive performance during sleep deprivation: effects of modafinil, d-amphetamine and placebo.* *J Sleep Res* 6, 84-91 (1997).

Boivin, D. B., Tremblay, G. M. and James, F. O. *Working on atypical schedules.* *Sleep Med* 8, 578-89, doi:10.1016/j.sleep.2007.03.015 (2007).

Killgore, W. D., Balkin, T. J. and Wesensten, N. J. *Impaired decision making following 49 h of sleep deprivation.* *J Sleep Res* 15, 7-13, doi:10.1111/j.1365-2869.2006.00487.x (2006).

**SCRD**  
**Stimulant, sedative & alcohol abuse**

Roehrs, T. and Roth, T. Sleep, sleepiness, sleep disorders and alcohol use and abuse. *Sleep Med Rev* 5, 287-97, doi:10.1053/smr.v.2001.0162 (2001).

Roehrs, T. and Roth, T. Sleep, sleepiness, and alcohol use. *Alcohol Res Health* 25, 101-9 (2001). Mednick, S. C., Christakis, N. A. and Fowler, J. H.

**SCRD**  
**Illegal drug use**

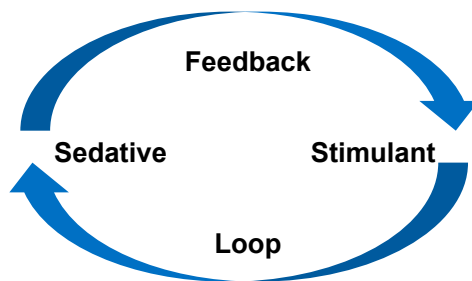
The spread of sleep loss influences drug use in adolescent social networks. *PLoS One* 5, e9775, doi: 10.1371/journal.pone.0009775

SCRD can have profound implications for brain function and mental health. Here are some of the symptoms associated with SCRD:

1. Fluctuations in mood
2. Irritability, anxiety, loss of empathy, and increased frustration
3. Irrational and impulsive decision-making
4. Increased risk of alcohol abuse

## The Vicious Cycle of Sedatives and Stimulants

**SCRD**



Foster, R. G. Sleep, circadian rhythms and health. *Interface Focus* 10, 20190098, doi:10.1098/rsfs.2019.0098 (2020).

Once your sleep is disturbed, it's common to resort to sedatives like alcohol to fall asleep at night. However, this can negatively impact your productivity the following day. To combat daytime drowsiness, many turn to stimulants such as coffee. An excess of caffeine in your system can interfere with sleep, thus creating a vicious cycle. Lifestyle choices can significantly affect your circadian rhythm and lead to various issues.

## Effects of Sleep and Circadian Rhythm Disbalance

### SCRD

#### Impaired cognitive performance and ability to multi-task

*Dinges, D. F. et al. Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. Sleep 20, 267- 77 (1997).*

*Lamond, N. et al. The dynamics of neurobehavioural recovery following sleep loss. J Sleep Res 16, 33-41, doi:10.1111/j.1365- 2869.2007.00574.x (2007).*

*Pilcher, J. J. and Huffcutt, A. I. Effects of sleep deprivation on performance: a meta-analysis. Sleep 19, 318-26, doi:10.1093/sleep/19.4.318*

### SCRD

#### Memory, attention and concentration

*Chee, M. W. and Chuah, L. Y. Functional neuroimaging insights into how sleep and sleep deprivation affect memory and cognition. Curr Opin Neurol 21, 417-23, doi:10.1097/ WCO.0b013e3283052cf7 (2008).*

*Dworak, M., Schierl, TTH. K. Impact of singular excessive computer game and television exposure on sleep patterns and memory performance of school-aged children. Pediatrics 120, 978-85, doi:10.1542/peds.2007- 0476 (2007).*

*Goder, R., Scharffetter, F., Aldenhoff, J. B. and Fritzer, G. Visual declarative memory is associated with non-rapid eye movement sleep and sleep cycles in patients with chronic non-restorative sleep. Sleep Med 8, 503-8, doi:10.1016/j.sleep.2006.11.014 (2007).*

*Oken, B. S., Salinsky, M. C. and Elsas, S. M. Vigilance, alertness, or sustained attention: physiological basis and measurement. Clin Neurophysiol 117, 1885-1901, doi:10.1016/ j.clinph.2006.01.017 (2006).*

### SCRD Communication & Decision making

Baranski, J. V. et al. *Effects of sleep loss on team decision making: motivational loss or motivational gain?* *Hum Factors* 49, 646-60, doi:10.1518/001872007X215728 (2007).

Harrison, Y. and Horne, J. A. *The impact of sleep deprivation on decision making: a review.* *J Exp Psychol Appl* 6, 236-49 (2000).

Killgore, W. D. et al. *The effects of 53 hours of sleep deprivation on moral judgment.* *Sleep* 30, 345-52, doi:10.1093/sleep/30.3.345

Lucidi, F. et al. *Sleep-related car crashes, risk perception and decision-making processes in young drivers.* *Accid Anal Prev* 38, 302-9, doi:10.1016/j.aap.2005.09.013 (2006).

### SCRD Creativity & productivity

Horne, J. A. *Sleep loss and 'divergent' thinking ability.* *Sleep* 11, 528-36, doi:10.1093/sleep/11.6.528 (1988).

Jones, K. and Harrison, Y. *Frontal lobe function, sleep loss and fragmented sleep.* *Sleep Med Rev* 5, 463-75, doi:10.1053/smr.2001.0203 (2001).

Killgore, W. D. et al. *Sleep deprivation reduces perceived emotional intelligence and constructive thinking skills.* *Sleep Med* 9, 517-26, doi:10.1016/j.sleep.2007.07.003 (2008).

Randazzo, A. C., Muehlbach, M. J., Schweitzer, P. K. and Walsh, J. K. *Cognitive function following acute sleep restriction in children ages 10-14.* *Sleep* 21, 861-8 (1998).

### SCRD Motor performance

Pilcher, J. J. and Huffcutt, A. I. *Effects of sleep deprivation on performance: a meta-analysis.* *Sleep* 19, 318-26, doi:10.1093/sleep/19.4.318 (1996).

Kahol, K. et al. *Effect of fatigue on psychomotor and cognitive skills.* *Am J Surg* 195, 195-204, doi:10.1016/j.amjsurg.2007.10.004 (2008).

**SCRD**  
**Dissociation/detachment**

*Tucker, A. M., Whitney, P., Belenky, G., Hinson, J. M. and Van Dongen, H. P. Effects of sleep deprivation on dissociated components of executive functioning. Sleep 33, 47-57, doi:10.1093/sleep/33.1.47 (2010).*

*Giesbrecht, T., Smeets, T., Leppink, J., Jelicic, M. and Merckelbach, H. Acute dissociation after 1 night of sleep loss. J Abnorm Psychol 116, 599-606, doi:10.1037/0021-843X.116.3.599 (2007).*

**SCRD**  
**Daytime sleepiness, micro-sleeps & unintended sleep**

*Basner, M., Glatz, C., Griefahn, B., Penzel, T. and Samel, A. Aircraft noise: effects on macro- and microstructure of sleep. Sleep Med 9, 382-7, doi:10.1016/j.sleep.2007.07.002 (2008).*

*Philip, P. and Akerstedt, T. Transport and industrial safety, how are they affected by sleepiness and sleep restriction? Sleep Med Rev 10, 347-56, doi:10.1016/j.smr.2006.04.002 (2006).*

*Pilcher, J. J., Lambert, B. J. and Huffcutt, A. I. Differential effects of permanent and rotating shifts on self-report sleep length: a meta-analytic review. Sleep 23, 155-63 (2000).*

*Scott, L. D. et al. The relationship between nurse work schedules, sleep duration, and drowsy driving. Sleep 30, 1801-7, doi:10.1093/sleep/30.12.1801 (2007).*

**SCRD**  
**Depression and psychosis**

*Johnson, E. O., Roth, T. and Breslau, N. The association of insomnia with anxiety disorders and depression: exploration of the direction of risk. J Psychiatr Res 40, 700-708, doi:10.1016/j.jpsychires.2006.07.008 (2006).*

*Kahn-Greene, E. T., Killgore, D. B., Kamimori, G. H., Balkin, T. J. and Killgore, W. D. The effects of sleep deprivation on symptoms of psychopathology in healthy adults. Sleep Med 8,*

*Riemann, D. and Voderholzer, U. Primary insomnia: a risk factor to develop depression? J Affect Disord 76, 255-9 (2003).*

*Sharma, V. and Mazmanian, D. Sleep loss and postpartum psychosis. Bipolar Disord 5, 98-105 (2003).*



**SCRD**  
**Impaired immunity & infection**

*Irwin, M. Effects of sleep and sleep loss on immunity and cytokines. Brain Behav Immun 16, 503-12 (2002).*

*Lorton, D. et al. Bidirectional communication between the brain and the immune system: implications for physiological sleep and disorders with disrupted sleep. Neuroimmunomodulation 13, 357-74, doi:10.1159/000104864 (2006).*

**SCRD**  
**Cancer**

*Davis, S. and Mirick, D. K. Circadian disruption, shift work and the risk of cancer: a summary of the evidence and studies in Seattle. Cancer Causes Control 17, 539-45, doi:10.1007/s10552-005-9010-9 (2006).*

*Hansen, J. Risk of breast cancer after night- and shift work: current evidence and ongoing studies in Denmark. Cancer Causes Control 17, 531-7, doi:10.1007/s10552-005-9006-5 (2006).*

*Kakizaki, M. et al. Sleep duration and the risk of breast cancer: the Ohsaki Cohort Study. Br J Cancer 99, 1502-5, doi:10.1038/sj.bjc.6604684 (2008).*

**SCRD**  
**Metabolic abnormalities and Type 2 Diabetes**

*Laposky, A. D., Bass, J., Kohsaka, A. and Turek, F. W. Sleep and circadian rhythms: key components in the regulation of energy metabolism. FEBS Lett 582, 142-51, doi:10.1016/j.febslet.2007.06.079 (2008).*

*Van Cauter, E. et al. Impact of sleep and sleep loss on neuroendocrine and metabolic function. Horm Res 67 Suppl 1, 2-9, doi:10.1159/000097543 (2007).*

*Gangwisch, J. E., Malaspina, D., Boden-Albala, B. and Heymsfield, S. B. Inadequate sleep as a risk factor for obesity: analyses of the NHANES I. Sleep 28, 1289-96, doi:10.1093/sleep/28.10.1289 (2005).*

### SCRD Metabolic abnormalities and Type 2 Diabetes

*Knutson, K. L., Spiegel, K., Penev, P. and Van Cauter, E. The metabolic consequences of sleep deprivation. Sleep Med Rev 11, 163-78, doi:10.1016/j.smr.2007.01.002 (2007).*

*Luyster, F. S. et al. Sleep: a health imperative. Sleep 35, 727-34, doi:10.5665/sleep.1846 (2012).*

### SCRD Cardiovascular disease

*Luyster, F. S. et al. Sleep: a health imperative. Sleep 35, 727-34, doi:10.5665/sleep.1846 (2012).*

*Maemura, K., Takeda, N. and Nagai, R. Circadian rhythms in the CNS and peripheral clock disorders: role of the biological clock in cardiovascular diseases. J Pharmacol Sci 103, 134-8 (2007).*

*Young, M. E. and Bray, M. S. Potential role for peripheral circadian clock dyssynchrony in the pathogenesis of cardiovascular dysfunction. Sleep Med 8, 656-67, doi:10.1016/j.sleep.2006.12.010 (2007).*

- Impaired cognitive performance and multitasking ability
- Impact on memory, attention, and concentration
- Disruption of communication and decision-making skills
- Influence on creativity
- Potential for depression and psychosis
- Induction of daytime sleepiness, micro-sleeps, and unintended sleep
- Connection to cancer
- Weakening of immunity and increased susceptibility to infections
- Association with metabolic disorders
- Risk factors for type 2 diabetes
- Correlation with cardiovascular disease

## Dunning-Kruger Effect

### SCRD Dunning-Kruger Effect

*Dalziel, J. R. and Job, R. F. Motor vehicle accidents, fatigue and optimism bias in taxi drivers. Accid Anal Prev 29, 489- 94, doi:10.1016/s0001-4575(97)00028-6 (1997).*

SCRD can also lead to the Dunning-Kruger effect, a cognitive bias where individuals with low ability at a task overestimate their competence, and those who excel underestimate their abilities relative to others. This can hinder your ability to recognize your strengths and talents.

For instance, imagine learning a new language with your friends. If you quickly grasp it, you might think it's easy for everyone and underestimate your abilities. Meanwhile, a friend struggling with the language may overestimate their skills due to a lack of knowledge and inability to compare themselves accurately to others.

## Circadian Rhythm Evaluation

### SCRD Diagnosis

- are dependent upon an alarm clock, or another person, to get you out of bed
- oversleep extensively (get up late) on free days
- notice you sleep much more on holiday
- take a long time to wake up and feel alert
- feel sleepy and irritable during the day
- feel you need a mid-afternoon nap to function properly
- are unable to concentrate and exhibit overly
- impulsive behaviors
- crave caffeinated and sugar-rich drinks
- receive advice from family, friends, work

### SCRD Diagnosis

- colleagues that your behavior has changed,
- specifically, you are:
- more irritable
- lack empathy
- are less reflective
- are more impulsive and disinhibited
- detect that you experience increased worry,
- anxiety, mood swings and depression.

To assess the health and balance of your circadian rhythm, you can conduct a self-evaluation using the following parameters. If more than 50% of these factors are true for you, it's essential to address your circadian rhythm.

#### Parameters for Evaluation:

1. You depend on an alarm clock or someone else to get out of bed.
2. You oversleep significantly on free days.
3. You notice that you sleep much more during holidays.
4. It takes a long time for you to wake up and feel alert.
5. You often feel sleepy and irritable during the day.
6. You feel the need for a mid-afternoon nap to function properly.
7. You struggle to concentrate and exhibit impulsive behaviours.
8. You have cravings for caffeinated and sugar-rich drinks.
9. Family, friends, or colleagues have mentioned changes in your behaviour.
10. Specifically, you are more irritable, lack empathy, less reflective, and more impulsive and disinhibited.
11. You experience increased worry, anxiety, mood swings, and depression.

## Historical Example of Circadian Rhythm Impact

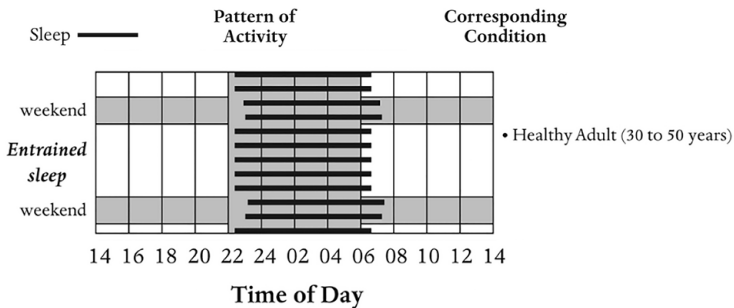


An interesting historical example is the Allied invasion of France on June 6, 1944. Hitler was taking an afternoon nap during this time, which potentially saved many lives. Had he been awake, more lives might have been lost. This illustrates that even famous individuals can have disturbed circadian rhythms.

## Various kinds of sleep patterns

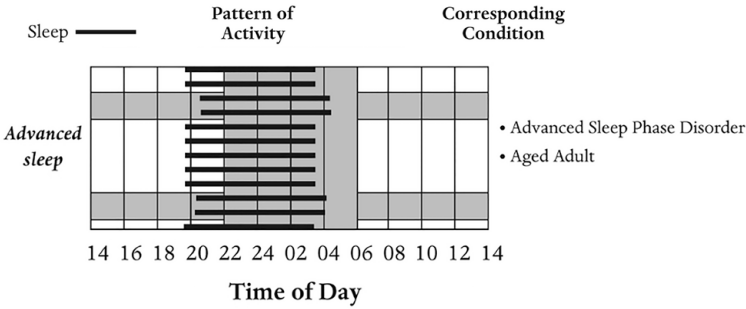
Let's now take a closer look at the various sleep patterns.

### A Healthy Sleep Pattern



A healthy sleep pattern involves going to bed around 10 p.m. and waking up at 6 a.m. consistently throughout the week, regardless of weekdays or weekends.

## Advanced Sleep (Advanced Phase Sleep Syndrome - ASPD)

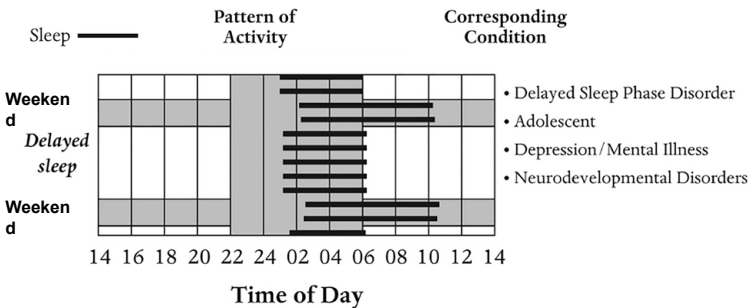


Advanced Phase Sleep Syndrome (ASPD) is a disruption of the circadian rhythm, causing individuals to go to bed earlier than usual and wake up earlier than normal. In this disorder, the timing of sleep and the peak period of alertness are advanced several hours relative to the societal clock. People with ASPD may find it challenging to stay awake unless they go to bed very early. They wake up very early, at a time considered “normal” in the morning, and often struggle to fall back asleep.

### Who is more affected?

- Aged adults

## Delayed Sleep (Delayed Sleep Phase Syndrome)

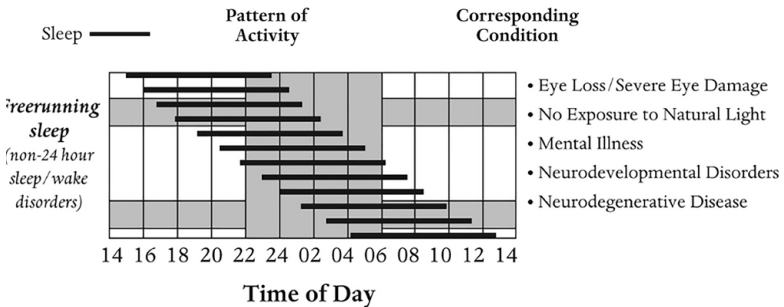


Delayed sleep phase is a sleep disorder that affects the circadian rhythm. Individuals with this sleep disorder have sleep patterns delayed two hours or more from usual patterns, going to sleep later and waking up later. This can make it difficult to wake up in time for work or school. It is also known as delayed sleep-wake phase disorder, where sleep and wake times are delayed by at least two hours and can be delayed up to 3 to 6 hours. Those affected might go to sleep at 3 a.m. and wake at 10 a.m., for example.

### Who is more affected?

- Adolescents
- People with mental illness or depression
- Patients with neurodevelopmental disorders

### Free Running Sleep (Non-24-Hour Sleep Wake Disorder)

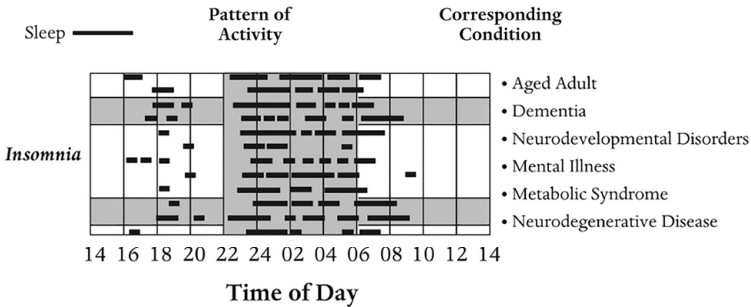


Free Running Sleep, or Non-24 Hour Sleep-Wake Disorder, occurs when a person has a variable sleep-wake cycle that shifts later every day. This often happens when the brain receives no lighting cues from the environment. People with FRD typically have a circadian rhythm longer than the usual 24 hours. For example, with a 26-hour circadian rhythm, they may find it difficult to adhere to regular schedules, making work, school, and social activities challenging.

## Who is more affected?

- Blind individuals
- Patients with neurodevelopmental disorders
- Patients with neurodegenerative diseases
- People with mental illness

## Insomnia



Insomnia is a common sleep disorder that can make it hard to fall asleep, or stay asleep, or result in waking up too early and being unable to get back to sleep. It can leave you feeling tired upon waking and affect your energy level, mood, health, work performance, and overall quality of life. Insomnia may be short-term (acute) and last for days or weeks, often due to stress or traumatic events. Some people may experience long-term (chronic) insomnia, which persists for a month or more.

## Who is more affected?

- Patients with dementia
- Aged adults
- Patients with metabolic syndrome
- Patients with neurodegenerative diseases
- People with mental illness



## The Relationship Between Animal Size and Sleep Duration

<b>Sleep time of Animals</b>		
<b>Larger size</b>	<b>→</b>	<b>Lesser sleep</b>
<b>Predator</b>	<b>&gt;</b>	<b>Prey</b>

In the realm of sleep, size matters. The larger the animal, the less it tends to sleep. This principle extends to humans as well, with babies requiring a whopping 17 hours of sleep a day, while adults settle for about 7 hours. Bigger animals, such as giraffes and elephants, sleep for a mere 4 to 5 hours. Interestingly, predators in the animal kingdom tend to clock in more sleep than their prey, and carnivorous creatures generally outdo their herbivorous counterparts in the sleep department.

## Understanding Human Adult Sleep Requirements Based on Age

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

Referencing the chart above, the sleep needs of an adult human being vary based on age. This chart will become a crucial reference point as we delve further into the topic.

## Sleep as a Medicine - Unveiling the Impact of 9 Hours of Sleep

**Premature aging disappears within 6 weeks sleep (>9hrs) recovery**

Spiegel K, Leproult R, Van Cauter E. Impact of sleep debt on metabolic and endocrine function. *Lancet*. 1999 Oct 23;354(9188):1435-9. doi: 10.1016/S0140-6736(99)01376-8. PMID: 10543671.

An intriguing observation: individuals who consistently get 9 hours of sleep witness the disappearance of premature ageing signs within six weeks. This underscores the potent healing power of sleep. Increasing daily sleep from 6 to 9 hours can usher in positive transformations in one's overall well-being.

### How to sleep better?

Sleep < 6 hrs  
↓  
Increased BMI  
↓  
Diabetes

Gottlieb, D. J. et al. Association of sleep time with diabetes mellitus and impaired glucose tolerance. *Arch Intern Med* 165, 863-7, doi:10.1001/archinte.165.8.863 (2005).

Sleep deprivation opens the door to various metabolic disorders such as diabetes and obesity. To pave the way for better sleep, let's explore six rules for correcting sleep patterns.

#### Rule 1

#### Bright Light

**Improves sleep/wake cycle**

Figueiro, M. G. Light, sleep and circadian rhythms in older adults with Alzheimer's disease and related dementias. *Neurodegener Dis Manag* 7, 119-45, doi:10.2217/nmt-2016-0060 (2017).

**1. Bright Light:** To enhance sleep quality, expose yourself to bright light during the day. Bask in sunlight, sit by a window, and absorb the sun's rays. At night, opt for darkness or dim lighting

before bedtime, steering clear of electronic gadgets. This practice contributes to an improved sleep-wake cycle.

**2. Sleep Method:** Take a hot bath 40-50 minutes before bedtime. This elevates your body temperature, and as it gradually decreases after the shower, melatonin production is stimulated, facilitating better sleep. Additionally, maintain a slightly lower bedroom temperature compared to other rooms.

<b>Rule 2</b>	<b>Sleep method</b>
<ul style="list-style-type: none"><li>• Raise body temperature</li><li>• Reduce room temperature</li></ul>	

<b>The body Clock Guide to better health</b>
<i>Kräuchi, K., et al. Warm feet promote the rapid onset of sleep. Nature. 1999;401:36-37.</i>
<i>Dorsey, C.M., et al. Core body temperature and sleep of older female insomniacs before and after passive body heating. Sleep. 1999;22:891-898.</i>

<b>HWI for 30 minutes</b>
<b>90 minutes before bedtime = sleeping pill</b>
<i>Dorsey CM, Teicher MH, Cohen-Zion M, Stefanovic L, Satlin A, Tartarini W, Harper D, Lukas SE. Core body temperature and sleep of older female insomniacs before and after passive body heating. Sleep. 1999 Nov 1;22(7):891-8. doi: 10.1093/sleep/22.7.891. PMID: 10566907.</i>

**3. Sleep Restriction for Insomnia Patients:** For those struggling with insomnia, restricting the time spent in bed can aid in achieving better sleep. For instance, refrain from allowing more than 5 hours in bed for two weeks, and observe positive changes in the patient's condition.

**Rule 3**

**Sleep Restriction for Insomnia Patients**

**Improves sleep/wake cycle**

*Spielman, A., et al. Treatment of insomnia by restriction of time in bed. Sleep. 1987;10:45-56*

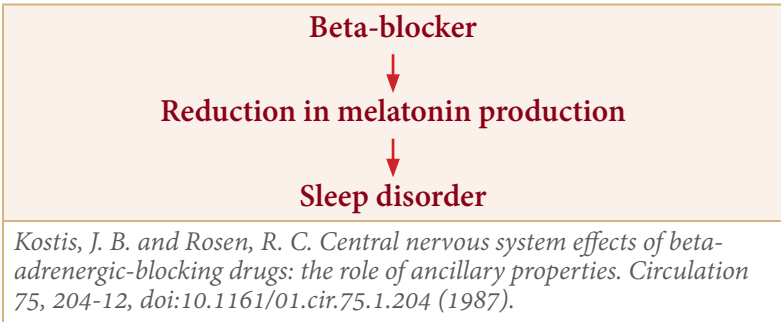
**4. What to Eat:**

**Rule 4**

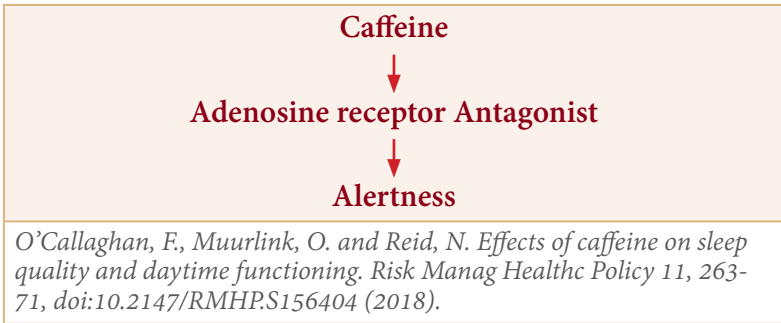
**Sleep method**

- **Avoid caffeine atleast 5hrs before bedtime**
- **Avoid alcohol/smoke**

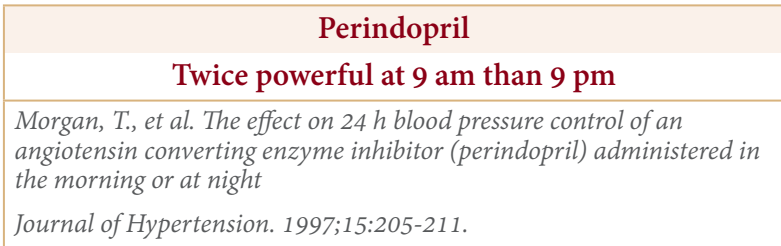
Avoid caffeine at least 5 hours before bedtime, and steer clear of smoking and alcohol consumption. Certain drugs, like blood pressure medication, can hinder melatonin production, impacting sleep quality. Eliminating medications is crucial for treating Sleep & Circadian Rhythm Disorders (SCRD).



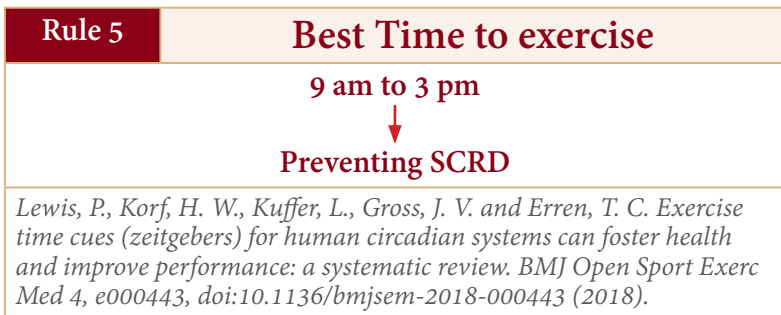
For example, various drugs or blood pressure medicines reduce melatonin production in your body, further compromising the quality of your sleep. To cure SCRCD, you need to eliminate any medication.



Similarly, caffeine interferes with the body’s rhythm, keeping you alert. Understanding the impact of what and when you eat is vital for maintaining a healthy body. Medications and drugs disrupt the circadian rhythm, inviting various illnesses.



For instance, the blood pressure medicine Perindopril exhibits different efficacy when consumed at 9 am compared to 9 pm. This disparity is due to variations in body chemistry at different times. Recognizing the impact of food and timing on your body is crucial, especially as drugs can disrupt circadian rhythm, leading to various illnesses.



**5. Best Time to Exercise:** To enhance sleep quality and prevent SCRD, the optimal time for exercise is between 9 am and 3 pm.

<b>Rule 6</b>	<b>Sleep Inertia</b>
<b>Naps close to bedtime (within six hours or so) will act to reduce sleep pressure</b>	
<i>Milner, C. E. and Cote, K. A. Benefits of napping in healthy adults: impact of nap length, time of day, age, and experience with napping. J Sleep Res 18, 272-81, doi:10.1111/j.1365- 2869.2008.00718.x (2009).</i>	
<i>Guadagna, S., Barattini, D. F., Rosu, S. and Ferini-Strambi, L. Plant extracts for sleep disturbances: a systematic review. Evid Based Complement Alternat Med 2020, 3792390, (2020).</i>	

**6. Sleep Inertia:** Maintain a gap of at least 6 hours between an afternoon nap and nighttime sleep. Sleeping within this 6-hour window can induce sleep inertia, making it challenging to fall asleep at night.

<b>Rule 6.1</b>	<b>Sleep Gate</b>
<b>90 to 120 minutes</b>	
<i>Lavie P. Ultrashort sleep-waking schedule. III. 'Gates' and 'forbidden zones' for sleep. Electroencephalogr Clin Neurophysiol. 1986 May;63(5):414-25. doi: 10.1016/0013-4694(86)90123-9. PMID: 2420557.</i>	

**i) Sleep Gate:** When you experience disturbances during the process of falling asleep, such as a knock on the door or a phone ring, you wake up to attend to it. It takes approximately 90-120 minutes to get back to sleep. Waiting for this sleep gate to open is crucial for a restful night's sleep. Instead of lying in bed attempting to sleep, engaging in reading or work until the sleep gate approaches will naturally induce sleep.

By comprehending and implementing the six rules outlined above, you can take control of your sleep and enhance its quality.

## Unveiling the Connection Between Sleep and Hormones

### Less Sleep = More Food

↓ Leptin



↑ Ghrelin



*Spiegel, K., Tasali, E., Penev, P. and Van Cauter, E. Brief communication: sleep curtailment in healthy young men is associated with decreased leptin levels, elevated ghrelin levels, and increased hunger and appetite. Ann Intern Med 141, 846-50, doi:10.7326/0003-4819-141-11-200412070-00008 (2004).*

For those grappling with sleeplessness, a noteworthy hormonal imbalance comes into play—lower leptin and heightened ghrelin secretion. This physiological shift can lead to increased cravings for food, particularly at inappropriate times. Ghrelin, recognized as the “hunger hormone,” is synthesised by the stomach, sending signals to the brain when hunger arises. Conversely, leptin, originating from adipose tissue and the small intestine (particularly enterocytes), plays a crucial role in regulating energy balance by suppressing hunger. These two hormones wield considerable influence over your eating behaviours. Intriguingly, they also exert an indirect influence on the duration and quality of your nightly sleep. Understanding this intricate interplay provides valuable insights into managing both sleep patterns and dietary habits.

# Panchkarma Approach to Circadian Rhythm Correction

Dr. Biswaroop Roy Chowdhury (PhD Diabetes & DKO)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Sanju Khari (DDBS)  
 Dr. A.K. Jain (PhD in Yoga & Acupuncture)  
 Dr. Vishakha Kashyap (BAMS, MD)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Krishna Kant Soni (BAMS, PHA)  
 Dr. Ankit Kumar (BAMS)  
 Dr. Vanshika Arolyya (BAMS)  
 Dr. Monika Khatri (BAMS)



## Circadian Chart

Recommended for \_\_\_\_\_

Date: \_\_\_\_\_



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

7 to 8 hrs  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 बचे।

● Atleast 1000 lux sunlight during the day for atleast 3 hrs./ दिन में 3 घंटे न्यूनतम 1000 लक्स से अधिक के प्रकाश से बचे।

● 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 से अधिक के प्रकाश से बचे।



● Sleep on zero volt bedsheet every night / हर रात जीरो 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 इलेक्ट्रिक सर्किट में रहें।



● Go for 2/3 pot water / Himzli / Robot water / 2/3 मटका सिस्टम का पानी / हिमजल / रोबोट वाटर दुरुस्तमाल करें।



● **Decide to be on DIP diet / डीआरपी 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



Panchkarma  
Chikitsa

Virechan (विरेचन)	Thalam (थलम)	Uroh Pichu (ऊरोह पिचु)	Guda Pichu (गुदा पिचु)
Lepam (लेपन)	Udhwatan (उद्वतन)	Hridya Pichu (हृदय पिचु)	Uplah (उपलाह)
Nasyam (नास्यन)	Utsadan (उत्सादन)	Gandhoosh (गण्डूश)	Yoni Pichu (योनि पिचु)
Dhoop wati (धूप वती)	Greeva Pichu (ग्रीव पिचु)	Abhyangam (अभ्यांगम)	Yoni Prakhshalan (योनि प्रखालन)
Nasyam (घूस वती)	Janu Pichu (जानू पिचु)	Rooksha Pottli (रूक्ष पीटली)	Netra Sek (नेत्र सेक)
Van Dhoopan (वण धूपन)	Pishtha Pichu (पिष्ठ पिचु)	Parishek (परिशेक)	Netra Prakhshalan (नेत्र प्रखालन)
Karnapurna (कर्णपूरण)	Kati Pichu (कटि पिचु)	Katsnan (कटि स्नान)	
Shiro Pichu (शिरोपिचु)			

Acupressure \_\_\_\_\_



● **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 \_\_\_\_\_

Signature \_\_\_\_\_

Whatsapp Helpline: +91 97172 97657

For participants in our 72-hour camp, the circadian chart above serves as a guide. Seven essential factors, employed through Panchkarma, play a pivotal role in correcting the circadian rhythm. Understanding these factors is crucial for improving your body's



condition and maintaining overall health. Subsequent chapters will delve into creating and optimising your circadian chart.

## Conclusion

This chapter delves into the intricacies of circadian rhythm, shedding light on the fundamental factors influencing this internal biological clock—light, food, and sleep. In a world increasingly dominated by artificial lighting and modern lifestyles, understanding and optimising our circadian rhythms has become paramount for overall health and well-being. This chapter provides a comprehensive exploration of the role of light in circadian rhythms, the impact on fertility, the skin's surprising involvement in light reception, and the consequences of circadian rhythm disruption on mental and physical health. Additionally, it offers practical insights into evaluating and correcting circadian rhythm imbalances, ensuring readers have the tools to enhance their sleep-wake cycles for optimal health.

## Key Takeaways

### 1. Importance of Light in Circadian Rhythm:

- Humans' adaptation to a 24-hour environment.
- The role of the suprachiasmatic nuclei (SCN) in synchronising biological rhythms.
- Effects of artificial light, especially at night, on circadian rhythms.
- Understanding the spectrum and intensity of different light sources.

### 2. Ideal Circadian Rhythm:

- Daily patterns of blood pressure, cortisol levels, body temperature, and pulse.
- Disruption of the natural cycle by excessive artificial light at night.
- The impact of sunlight on fertility, melatonin, and Vitamin D levels.

**3. Skin's Role in Light Reception:**

- Skin is a receptor of light signals.
- Influence of light on hormone production through the skin.
- Observations in blind individuals relying on the skin for light reception.

**4. Circadian Rhythm and Sleep:**

- Influence of circadian rhythm disruption on academic performance.
- Impacts on the immune system and the development of Sleep and Circadian Rhythm Disorders (SCRD).
- Synchronising factors for sleep induction: cortisol, melatonin, and temperature.

**5. Interconnected Hormones and Mental Health:**

- The interplay between testosterone and growth hormone.
- Profound implications of SCRD on brain function and mental health.
- Symptoms associated with SCRD include mood fluctuations and increased risk of alcohol abuse.

**6. Effects of Sleep and Circadian Rhythm Disbalance:**

- Impaired cognitive performance and multitasking ability.
- Connection to depression, psychosis, and the Dunning-Kruger effect.
- Associations with various health issues such as cancer, metabolic disorders, and cardiovascular disease.

**7. Circadian Rhythm Evaluation:**

- Parameters for self-evaluation.
- Indications of circadian rhythm imbalance.

**8. Historical Example:**

- Allied invasion of France and Hitler's afternoon nap.
- Illustration of disturbed circadian rhythms in prominent individuals.

### **9. Various Sleep Patterns and Disorders:**

- Healthy sleep pattern.
- Disorders like Advanced Phase Sleep Syndrome, Delayed Sleep Phase Syndrome, Free Running Sleep, and Insomnia.
- Factors influencing different sleep patterns.

### **10. Sleep Requirements and Impact:**

- Sleep duration based on age and species.
- The positive impact of 9 hours of sleep on ageing signs.
- Rules for better sleep and their physiological explanations.

### **11. Hormonal Imbalance and Sleep:**

- Lower leptin and heightened ghrelin secretion.
- Influence on cravings and eating behaviours.
- Indirect effects on the duration and quality of nightly sleep.

### **12. Panchkarma Approach:**

- Seven essential factors for correcting circadian rhythm.
- Importance for improving overall health.

This comprehensive exploration equips readers with a deep understanding of circadian rhythms, offering actionable insights to optimise their sleep-wake cycles for enhanced health and vitality.

## Chapter 7

---

# Practical Application of Circadian Rhythm Knowledge

In this chapter, we delve into the practical implementation of circadian rhythm knowledge in our daily lives.

### Circadian Dining Table



At the heart of circadian rhythm management is our dining table, a central player that can either disrupt or contribute to the correction of our circadian rhythms.

### Circadian Clock of Kidney

#### **The Circadian Clock in the kidney**

*Journal of the American Society of Nephrology 22(4):p 598-604, April 2011. | DOI: 10.1681/ASN.2010080803*

*Author: Karl Chan, F. Susan Wong & James Alexander Pearson*

Our organs, including the kidney, operate on distinct circadian rhythms, akin to a car navigating diverse terrains. These rhythms are influenced by specific times of the day, environmental conditions, and the functions they perform. This comparison to

driving a car underscores that, like a driver following traffic rules, some factors governing organ function are beyond our control, constituting what we term the circadian rhythm.

## Pancreatic Circadian Cycle

### **Circadian rhythms and pancreas physiology: A review**

*Front. Endocrinol., 10 August 2022 Sec. Diabetes: Molecular Mechanisms Volume 13 - 2022 | <https://doi.org/10.3389/fendo.2022.920261>*

*Christopher J. Morris, Jessica N. Yang, Joanna I. Garcia, Samantha Myers, Isadora Bozzi, Wei Wang, Orfeu M. Buxton, Steven A. Shea, and Frank A. J. L. Scheer*

Consider the pancreas, awakening at 8 am and retiring at 8 pm. Aligning our meals with the wake cycle of the pancreas is advocated. Loading the pancreas with heavy meals at 8 pm disrupts its circadian rhythm, akin to pushing a car beyond its optimal speed limit.

For a healthy adult, like our subject Prashant, adopting a diet with a substantial breakfast at 8 am, followed by lunch at 1 pm and concluding with dinner by 8 pm, mirrors an ideal circadian-aligned eating pattern. Notably, the larger meal should be reserved for breakfast, leveraging the pancreas's heightened morning activity and metabolism.

Skipping breakfast, contrary to common belief, can spike blood sugar levels, making it a contributing factor to diabetes, as corroborated by research.

### **Effect of meal timing and glycaemic index on glucose control and insulin secretion in healthy volunteers**

*Published online by Cambridge University Press: 16 December 2011*

*Authors: Linda M. Morgan, Jiang-Wen Shi, Shelagh M. Hampton and Gary Frost*

Referencing a research paper on the “Effect of Meal Timing and Glycaemic Index on Glucose Control and Insulin Secretion in Healthy Volunteers,” it underscores the importance of a lighter dinner and a substantial breakfast.

**Effect of a late supper on digestion and the absorption of dietary carbohydrates in the following morning**

*Journal of Physiological Anthropology* volume 32, Article number: 9 (2013)

*Authors:* Yukie Tsuchida, Sawa Hata & Yoshiaki Sone

Shifts in meal timing, as simple as altering dinner from 8 pm to 10 pm and advancing breakfast from 8 am to 6 am, can significantly impact health. This adjustment, without altering the meal’s quantity, increases the risk of diabetes, obesity, and cancer. For an in-depth exploration, the provided research paper offers valuable insights.

**Breakfast skipping and the risk of Type 2 Diabetes: a meta-analysis of observational plan.**

*Published online by Cambridge University Press: 17 February 2015*

*Authors:* Huashan Bi, Yong Gan, Chen Yang, Yawen Chen, Xinyue Tong and Zuxun Lu

Another research paper accentuates the risks associated with skipping breakfast. Individuals who skip breakfast, often due to a rushed morning routine, are more susceptible to elevated blood sugar levels.

**Skipping Breakfast and Risk of Mortality from Cancer, Circulatory Diseases and All Causes: Findings from the Japan Collaborative Cohort Study**

*Yonago Acta Med.* 2016 Mar

*Authors:* Yae Yokoyama, Kazunari Onishi, Takenobu Hosoda, Hiroki Amano, Shinji Otani, Youichi Kurozawa, and Akiko Tamakoshi

Emphasising that it’s not merely about the quantity or type of meal but also the timing, this chapter highlights the significance of when we eat in preventing lifestyle-related diseases.

## Late Dinner and Sleep: Interconnected Functions

### Sleep → Obesity Connection

*S. E. Anderson et al., “Self-Regulation and Household Routines at Age Three and Obesity at Age Eleven: Longitudinal Analysis of the UK Millennium Cohort Study,” International Journal of Obesity 41, no. 10 (2017): 1459–66.*

Since every bodily function and cycle is interrelated, it's evident that a late dinner causes sleeplessness, further leading to obesity. Individuals grappling with sleep issues should steer clear of late-night dinners and aim to complete their meals by 6 pm. This practice not only corrects the sleep cycle but also mitigates the risks of cancer, diabetes, and other lifestyle-related issues.

## Altering Prashant's Fate: Timing Matters

### Circadian disruption enhances HSF1 signalling and tumorigenesis in Kras-driven lung cancer

*SCIENCE ADVANCES 28 Sep 2022 Vol 8, Issue 39 DOI: 10.1126/sciadv.abo1123*

*Authors: Marie Pariollaud, Lara H. Ibrahim, Emanuel Irizarry, Rebecca M. Mello, Alanna B. Chan Brian J. Altman Reuben J. Shaw H8977, Michael J. Bollong 6, R. Luke Wiseman, and Katja A. Lamia*

Let's consider a hypothetical scenario where the goal is to severely impact Prashant's health without modifying the meal quantity but by adjusting the timing, reminiscent of night shift professionals. Prashant consumes food from 10 pm to 6 am, significantly increasing the risks of obesity, cancer, diabetes, cardiovascular diseases, hypertension, and more.

### Obesity, cancer risk, and time-restricted eating

*Cancer Metastasis Rev. 2022 Sep;41(3):697-717. doi: 10.1007/s10555-022-10061-3.*

For all our patients, both in hospitals and online consultations, we recommend the following routine:

1. Consume 50% of the daily food intake for breakfast between 8 am to 12 noon.

2. Have lunch between 1-2 pm.
3. Finish dinner by 6 pm.

By implementing these changes in meal timings, remarkable results have been observed among patients. The focus here is not on the type or quantity of food but solely on the timing of consumption.

Many individuals, inadvertently influenced by the internet age, OTT apps, and remote work, tend to eat around midnight. This habit triggers the pancreas to release insulin, keeping it active when it should be at rest. This disrupts metabolism and leads to various lifestyle diseases, some of which can be life-threatening.

## Window of Eating

The optimal eating window is from 8 am to 6 pm, a 10-hour bracket suitable for most individuals. Extending the eating window, either during the day or night, invites disease by disrupting the circadian rhythm. It's advisable to consume meals within the timeframe when sunlight is available.

## Food Timing for Cancer Patients

### **Time as Medicine**

**8 hrs window of eating (1st 15 days)**  
**10 hrs window of eating (next 15 days)**  
**12 hrs window of eating (lifelong)**

For cancer patients experiencing high fever and pain for the initial 15 days, restricting the eating window to 8 hours (10 am to 6 pm) is recommended. This practice induces autophagy, a cellular recycling process, by allowing a 16-hour fasting period. Autophagy optimizes the body's existing resources by utilizing nutrients from the tumour, acting as a form of self-healing.

As positive results manifest in the initial 15 days, the eating window can be expanded to 10 hours. It's crucial to note that food acts as medicine when exposed to sunlight and as poison after sunset. As



patients progress towards improved health, the eating window can be further extended to 12 hours (8 am to 8 pm) for the rest of their lives.

## What is Autophagy?

Autophagy, pronounced “ah-TAH-fah-gee,” is a fundamental process within your body responsible for recycling old and damaged cell components. Cells are the essential building blocks of every tissue and organ, each housing multiple components crucial for its functionality. Over time, these components may become defective or cease to work, accumulating as litter or junk inside an otherwise healthy cell.

Autophagy operates as your body’s cellular recycling system, allowing a cell to break down these junk parts and repurpose salvageable bits into new, functional cell components. It acts as a quality control mechanism for your cells, preventing the accumulation of too many dysfunctional components that could impede proper cell function. Autophagy essentially transforms clutter into selected cell components, optimizing overall cellular performance.

To illustrate, think of autophagy as a recycling process that maximizes a cell’s existing energy resources. This process intensifies when your body needs to extract the most from these resources, particularly when cells lack external sources of nutrients.

In this autophagic process, when you abstain from feeding your body with food, it derives nutrients from the existing tumour, which acts as a storehouse of essential nutrients.

## Implementing Autophagy in Patient Care

1. **Initial Phase (First 15 Days):** During the first 15 days, when positive results are observed in patients, the food-eating window is restricted to 8 hours (10 am to 6 pm). This practice induces autophagy as the body undergoes a 16-hour fasting period, relying on existing tumour nutrients.

2. **Progression Towards Good Health:** As patients progress towards improved health, the food-eating window is extended to 10 hours, maintaining a balance between the benefits of autophagy and nutritional requirements.
3. **Long-term Maintenance:** Once stability is achieved, the timing is further increased to 12 hours (8 am to 8 pm) for the rest of the patient's life. This timing is recommended for everyone, contributing to improved sleep quality and a more profound and restful sleep.

## Key Takeaways

- Autophagy is a natural recycling process vital for cellular health.
- It prevents the accumulation of dysfunctional cell components.
- The process intensifies during fasting when the body relies on existing tumour nutrients.
- Implementing specific eating windows promotes autophagy's benefits.
- This timing, once established, contributes to enhanced sleep quality and overall well-being.

## DIP Diet

### DIP Diet

#### 1. Clinical trial of the DIP Diet by All India Institute of Ayurveda (Under Ministry of AYUSH, Govt. of India)

*Ctri/2018/12/016654*

#### 2. Case Study – Reversal of Type 1 Diabetes Using Plant Based Diet

*Journal of the Science of Healing Outcomes, Jan 2021 (Vol 13, No. 50)*

#### 3. To Evaluate the Efficacy of Agnikarma and Disciplined and Intelligent Person Diet in Katigata-Sandhivata w.s.r to Lumbar Spondylosis – A Case Report.

*Int J Ayu Pharm Chem 2020 Vol. 13 Issue 1*

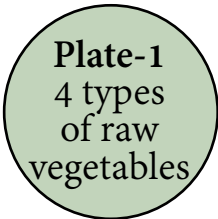

The Disciplined and Intelligent People Diet (DIP Diet), devised 14 years ago, holds clinical clearance from three countries and has proven effective in various health conditions. The DIP Diet consists of three steps:

<p><b>Step -I</b>  <b>Breakfast (till 12noon)</b></p>
<p><b>4 types of fruit</b>  <b>Weight in kg x 10= __gm</b></p>

### Step 1: Breakfast

Have a carbohydrate and fructose-heavy breakfast, including three types of fruits, regardless of fructose levels. The minimum quantity is calculated as your body weight in kg  $\times$  10.

For example, a 70 kg person should consume at least 700 gms of four types of fruits before noon.

<p><b>Step -II</b>  <b>Lunch/Dinner</b></p>	
 <p><b>Plate-1</b>  <b>4 types  of raw  vegetables</b></p>	 <p><b>Plate-2</b>  <b>Std. meal</b></p>
<p><b>Weight in kg x 5 = __gm</b></p>	

### Step 2: Lunch/Dinner

Divide meals into two plates. Plate 1 comprises four types of raw vegetables, and the minimum amount is calculated as your body weight in kg  $\times$  5.

For example, a 70 kg person should consume at least 350 gms of four types of raw vegetables.

Plate 2 includes home-cooked vegetarian food with minimal salt and oil. Finish Plate 1 before moving to Plate 2. Patients seeking fast recovery may skip Plate 2 during dinner and stick to Plate 1 of raw vegetables.

<b>Step -III</b>	
<b>To Avoid</b>	<b>To Take</b>
<b>1. Packed food</b> <b>2. Dairy/Animal food</b>	<b>1. Soaked nuts/Sprouts: your wt(kg)=..gm</b> <b>2. Fruits: Plenty</b> <b>3. Sunshine: 40min</b>

### Step 3: Avoid

- Animal food, including milk products
- Multivitamin tonics and capsules
- Refined and packed food

Additionally, expose your body to 40 minutes of sunshine daily.

For snacks/beverages, consider options like sprouts, soaked nuts, fruits, fresh coconut water, and Hunza tea.

### Conclusion

In this chapter, we delve into the practical implementation of circadian rhythm knowledge in our daily lives, focusing on the pivotal role of the dining table, organ-specific circadian cycles, and the timing of meals for optimal health.

#### 1. Circadian Dining Table

- A central role in circadian rhythm management.
- Can disrupt or contribute to the correction of circadian rhythms.

#### 2. Circadian Clock of Kidney

- Organs, including the kidney, operate on distinct circadian rhythms.

- Influenced by specific times, environmental conditions, and functions.
- Comparison to a car navigating diverse terrains.

### 3. **Pancreatic Circadian Cycle**

- The pancreas operates on a circadian cycle from 8 am to 8 pm.
- Ideal circadian-aligned eating pattern for a healthy adult.
- Importance of a substantial breakfast for circadian alignment.

### 4. **Meal Timing and Glycaemic Control**

Research paper emphasizing the importance of a lighter dinner and substantial breakfast.

Shifts in meal timing impact health and the risk of diseases.

### 5. **Skipping Breakfast Risks**

- Risks associated with skipping breakfast, include elevated blood sugar levels.
- Importance of not only meal quantity and type but also timing.

### 6. **Late Dinner and Sleep**

- Interconnected functions of late dinner, sleeplessness, and obesity.
- Recommendations for individuals with sleep issues to avoid late-night dinners.

### 7. **Timing Matters: Altering Prashant's Fate**

- Impact of meal timing on health without modifying quantity.
- Recommendations for a routine to optimize meal timings for all patients.

### 8. **Window of Eating**

- Optimal eating window from 8 am to 6 pm.
- Extending the window invites disease by disrupting the circadian rhythm.
- Advisable to consume meals within the timeframe when sunlight is available.

## 9. Food Timing for Cancer Patients

- Restricting eating windows to induce autophagy in cancer patients.
- Autophagy as a cellular recycling process and its benefits.
- Gradual expansion of the eating window as patients progress towards health.

## 10. What is Autophagy?

- Fundamental process for recycling old and damaged cell components.
- Prevents accumulation of dysfunctional cell components.
- Operates during fasting, utilizing nutrients from tumours for self-healing.

## 11. DIP Diet

- Disciplined and Intelligent People Diet (DIP Diet) was devised 14 years ago.
- Clinical clearance in three countries and proven effectiveness.
- Three steps involve specific meal plans and dietary restrictions.
- Exposure to daily sunshine and recommended snacks/beverages.

This chapter unfolds the practical aspects of incorporating circadian rhythm knowledge into our daily routines, emphasizing the profound impact of meal timing on overall health and well-being.

## Chapter 8

---

### **The Circadian Chart @72hrs Medical Camp**

In this section, we present compelling narratives of 11 individuals who embarked on a transformative journey by participating in our 72-hour camp. These case studies offer a glimpse into their unique experiences and the remarkable paths they followed on their road to recovery. Each story is a testament to the effectiveness of our integrated approach to health and well-being. Let's delve into these inspiring accounts and witness the positive impact of our holistic methodologies.

Scan the QR code to access and listen to their video testimonials.



To watch the video,  
scan this QR code



## Case Study 1

### Sandeep Gupta's Triumph Over Kidney Tumour: An Integrative Approach

#### Background

Sandeep Gupta, a 36-year-old resident of Ghaziabad, UP, encountered a formidable health challenge when diagnosed with a kidney tumour in 2023. His journey to recovery reflects a holistic and integrative approach, steering away from conventional allopathic treatments.

#### Pre-Camp Parameters (27, 28, 29 April, 2023)

- Ayurvedic medicines.
- *Physical Symptoms/Discomforts*: Headache and pain around the kidney area.
- *Diagnostic Reports*: Not specified.

#### Post-Camp Progress

- *Medications*: Ayurvedic medicines.
- *Physical Symptoms/Discomforts*: None.
- *Diagnostic Reports*: Tumour size reduced in USG reports.

#### Therapeutic Interventions

##### DIP Diet

- *Before*: 100%
- *Current*: 100%

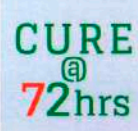




## GRAD Therapy (HWI)

- Before: HWI (one hour)
- Current: No.

## Panchkarma Therapies

- Before: Katipichu, Shiropichu
- Current: No.



**Circadian Chart**

Recommended for Sandeep Gupta Date: 30<sup>th</sup> Apr 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 जौरो वोल्ट बेडशीट पर सोएं।**  
**● Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट लगा घर से बाहर भूमि के इलेक्ट्रॉन से जुड़ें।**

---

**● Go for 2/3 pot water / Himzil / 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**

---

<b>Panchkarma Therapies</b>	Virechan विरेचन	Lepam लेपम	Nasyam नास्यम	Shiro Picchu शिरो पिचु	<input checked="" type="checkbox"/>
	Udvartan उद्वर्तन	Janu Basti जंजु बस्ति	Prisht Basti पृश्ठ बस्ति	Gandhoosh गण्डूष	<input type="checkbox"/>
	Thalam तलम	Abhyangam अभ्यांग	Chest Picchu ऊरु पिचु	Uroh Basti ऊरु बस्ति	<input type="checkbox"/>
	Hridya Basti हृदय बस्ति	Prisht Picchu पृश्ठ पिचु	Ruksh Pottli रूक्ष पीटली	Parishak परिशक	<input type="checkbox"/>
	Knee Picchu खुदना पिचु	Dhoom Varti धूम वरति	Katisnan कटि रसान	Guda Picchu गुदा पिचु	<input type="checkbox"/>
	Hrid Picchu हृदय पिचु	Throat Lepam श्रीवा 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** Ayurvedic

---

**Other / अन्य निर्देश**  
 Signature: Priyanka

---

**Whatsapp Helpline: +91 97172 97657**

## Journey to Recovery

In March 2023, Sandeep experienced severe headaches and kidney area pain, leading him to seek medical advice at Life Care Hospital, Ghaziabad. Despite the conventional recommendation of surgery, Sandeep chose a different path. Seeking guidance at HIIMS Meerut, he discovered the transformative potential of the “Cure at 72 Hours” camp in April 2023.

## Integrative Approach

At the camp, Sandeep actively engaged in various therapies, embraced the Disciplined and Intelligent People (DIP) Diet, and integrated circadian chart practices into his daily routine. Today, Sandeep Gupta stands as living proof of the success of this integrative approach. He has not only overcome the challenges posed by kidney tumours but also enjoys a state of total well-being, leading a healthy and fulfilling life.



To watch the video,  
scan this QR code



## Case Study 2

### Chuki Devi's Triumph Over Parkinson's Disease

---

#### Background

Chuki Devi, a resilient 69-year-old woman residing in the village of Kasumbi Updhra, Rajasthan, found herself grappling with the challenges posed by Parkinson's Disease. Her health struggles encompassed a myriad of discomforts, including constant handshaking, skin issues, throat pain, and the distressing symptoms of a fissured tongue and palmo-planter ketosis.

#### Pre-Camp Parameters (26, 27, 28 May, 2023)

- *Medication:* Many, with no precise recollection and lost prescriptions.
- *Physical Symptoms/Discomforts:* Handshaking, itching, skin eruptions, boils, throat pain, dry mouth, fissured tongue.
- *Diagnostic Reports:* Submitted.

#### Post-Camp Progress

- *Medications:* None.
- *Physical Symptoms/Discomforts:* Complete recovery, with 50% relief in throat pain.
- *Diagnostic Reports:* Not conducted due to the absence of discomfort.

## Therapeutic Interventions

### DIP Diet:

- Before: 70%
- Current: 50%

### GRAD Therapy (HWI)

- Before: HWI (1 hour)
- Current: None
- Panchkarma Therapies:
- Before: Abhyangam, Shiropicchu
- Current: None

Dr. Ekwaroop Roy Chowdhury (PhD in Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBS, MD)  
 Dr. Sanju Khari (BDS)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Manu Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Monika Khatri (BAMS)  
 Dr. Faamresh Kumar Tamta (BAMS)  
 Dr. Sanjoha Manan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)

**CURE @ 72hrs**

**Circadian Chart**

Recommended for Chuki Devi Dated: 28 May 2023

---

- **Sleep Duration / रात में नींद की अवधि**  
 7 to 8 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 प्रकार 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 bedsheet 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 धर से बाहर भूमि के संपर्क में रहें।**

---

- **Go for 2/3 pot water / Himzil / Robot water / 2/3 मटका सिस्टम का पानी / बिमजिल / रोबोट वाटर इंसोमाल करें।**

---

- **Decide to be on DIP diet / डीएमटी 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 / रस**  
 Green Juice (250 ml)  Red Juice (250 ml)  Ashgourd Juice (250 ml)  Amla Juice (300 ml)  30 ml x 30 ml

---

HWI  LLHWI  Lower Limb HWI  HDT  Leg Raise

---

**Panchkarma**  
चिकित्सा

Virechan विरेचन	Lepam लेपन	Masyam मसम	Shiro Picchu शिरो पिचु
Udvartan उद्वर्तन	Janu Basti जानु बस्ति	Prishthi Basti पृष्ठ बस्ति	Gandhoosh गण्डूष
Thalam तलम	Abhyangam अभ्यङ्गन	Chest Picchu छात्र पिचु	Uroh Basti उरु बस्ति
Hridaya Basti हृदय बस्ति	Pristh Picchu पृष्ठ पिचु	Ruksh Potli रुक्ष पोटली	Parishek परिशेक
Knee Picchu घुटना पिचु	Dhoom Varti धूम वर्ति	Katsnan कटिन्मन	Guda Picchu गुदा पिचु
Hrid Picchu हृदय पिचु	Throat Lepam ग्रीवा लेपन		

---

- **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** \_\_\_\_\_

Signature \_\_\_\_\_

**Whatsapp Helpline: +91 97172 97657**

## **Journey to Recovery**

Chuki Devi's poignant journey began five years ago, marked by relentless battles against Parkinson's Disease. Despite seeking treatment in various hospitals, including renowned ones like SMS Hospital and Durlabhji Hospital in Jaipur, relief remained elusive. The turning point came when her husband, inspired by Dr Biswaroop Roy Chowdhury's videos, opted for the DIP diet.

## **Cure at 72 Hours Camp**

In May 2023, Chuki Devi and her family registered for the "Cure at 72 Hours Camp" in Meerut. Since then, her adherence to the DIP diet has yielded remarkable relief from her discomforts. The once-persistent handshaking has ceased, and the palpable transformation in her overall well-being stands as a testament to the effectiveness of the holistic approach adopted at the camp.



To watch the video,  
scan this QR code



## Case Study 3

### Ashok Shivhare's Triumph Over Heart Disease: A Medicine-Free Path

---

#### Background

Ashok Shivhare, a 63-year-old resident of Shivpuri, Delhi, faced the challenges of heart disease, diagnosed in 2003. Having experienced two heart attacks, one in 2003 and another in 2021, he had been relying on medications to manage his condition. The recommendation for bypass surgery in 2021 led him to seek alternatives, ultimately leading him to the “Cure at 72 Hours” camp in Meerut in February 2023.

#### Pre-Camp Parameters (17, 18, 19 February, 2023)

- *Medication:* Apigat 2.5, Ecosprin\_av\_75/20, Montair\_LC, Cardace\_mrto5/50.
- *Physical Symptoms/Discomforts:* None (as he was on medicines).
- *Diagnostic Reports:* Available.

#### Post-Camp Progress

- *Medications:* None.
- *Physical Symptoms/Discomforts:* None.
- *Diagnostic Reports:* Not undergone.

## Therapeutic Interventions

### DIP Diet

- Before: 100%
- Current: 100%

### GRAD Therapy (HWI)

- Before: (30 - 40 minutes)
- Current: (30 - 40 minutes)

### Panchkarma Therapies

- Before: Nitya virechana, hridyapichu, thalam, shiropicchu, hridya basti
- Current: No.



**CURE @ 72hrs**

**Circadian Chart**

Recommended for Ashok Shivhare Dated: 19 Feb 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 से रहे।  
 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 से रहे।

---

Sleep on zero volt bedsheet every night / हर रात शीशे तौलट बैडशीट पर सोएं।  
 Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक धर-से बाहर धूमि के संपर्क में रहें।

---

Go for 2/3 pot water / Himzil / Robot water / 2/3 मलक मिश्रम का पानी / हिमजिल / रोबोट वाटर इस्तेमाल करें।

---

Decide to be on DIP diet / बीजाहारी 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)  Arma Juice (100 ml)

---

HWI  LLHWI  Lower Limb HWI  HDT  Leg: Raste

---

 Panchakarma आयुर्वेद	Virechan विरेचन	<input checked="" type="checkbox"/>	Lepam लेपन	<input type="checkbox"/>	Nasyam नास्यम	<input type="checkbox"/>	Shiro Picchu शिरो पिचु	<input checked="" type="checkbox"/>
	Uvartan उवर्तन	<input type="checkbox"/>	Janu Basti जंजु बास्ति	<input type="checkbox"/>	Pristhi Basti प्रिष्ठी बास्ति	<input type="checkbox"/>	Gandhoosh गंधुशु	<input type="checkbox"/>
	Thalam तलाम	<input checked="" type="checkbox"/>	Abhyangam अभ्यंगम	<input type="checkbox"/>	Chest Picchu ऊप पिचु	<input type="checkbox"/>	Uroh Basti उरु बास्ति	<input type="checkbox"/>
	Hridya Basti हृदय बास्ति	<input type="checkbox"/>	Pristhi Picchu प्रिष्ठी पिचु	<input type="checkbox"/>	Fulch Potti फुल्च पोटी	<input type="checkbox"/>	Parishke पारिश्के	<input type="checkbox"/>
	Knee Picchu कूनी पिचु	<input type="checkbox"/>	Bhoom Varti भूम वरति	<input type="checkbox"/>	Kattisan कट्टिसन	<input type="checkbox"/>	Guda Picchu गुदा पिचु	<input type="checkbox"/>
	Hrid Picchu हृदय पिचु	<input type="checkbox"/>	Throat Lepam थ्रोट लेपन	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

---

Decide to eat within the bracket of/ इस समय शीम 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 To be Stopped - Ecosprin 75/30, Apigat 2.5, Moutin  
 To be Tapered - Cardace 400

---

Other / अन्य निर्देश  
 Signature 

---

Whatsapp Helpline: +91 97172 97657

## Journey to Recovery

Diagnosed as a heart patient in 2003, Ashok Shivhare experienced two heart attacks, prompting long-term medication use. The suggestion for bypass surgery in 2021 led him to seek natural treatments. Discovering the “Cure at 72 Hours” camp in Meerut in February 2023, he actively participated, adhering to the DIP Diet and embracing therapies. Today, Ashok Shivhare enjoys a medicine-free life, showcasing the effectiveness of this holistic approach to heart health.





To watch the video,  
scan this QR code



## Case Study 4

### Ajit Kumar's Journey to Diabetes Freedom

#### Background

Ajit Kumar, a 51-year-old resident of Haryana, grappled with the challenges of diabetes, accompanied by symptoms like headaches, tiredness, weakness, and sleeping problems. Having struggled with diabetes for 1.5 years, he attempted lifestyle modifications, providing temporary relief. However, facing erratic blood sugar levels crossing 485mg/dl, he sought an alternative path at HIIMS Meerut. Ajit Kumar's journey unfolded through the "Cure at 72 Hours" camp, spanning 15, 16, and 17 June.

#### Pre-Camp Parameters (15, 16, 17 June, 2023)

- *Medication:* Nil
- *Physical Symptoms/Discomforts:* Headache, tiredness, weakness, sleeping problems, feeling tired throughout the day, unable to sleep.
- *Diagnostic Reports:* Yes, but not provided.

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Nil
- *Diagnostic Reports:* Not undergone any tests.

# Therapeutic Interventions

## DIP Diet

- Before: 100%
- Current: 25%

## GRAD Therapy

- Before: HWI once a week (miracle)
- Current: HWI once a week

## Panchkarma Therapies

- Before: Neem karela, Shiropicchu, NK twice a week
- Current: NK twice a week

Dr. Eswaroop Roy Chowdhury (PhD in Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, FGDIP)  
 Dr. Manjita Gupta (PGDS, MD)  
 Dr. Sanju Khari (GSDS)  
 Dr. Tanvini Channa (BAMS, PGDIP)  
 Dr. Pooja Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Poojika Khatri (BAMS)  
 Dr. Poojesh Kumar Tanti (BAMS)  
 Dr. Surisha Hasan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)

**Circadian Chart**

**CURE @ 72hrs**

Recommended for Ajit Kumar Dated: 13<sup>th</sup> Jun 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 बचो।

● Atleast 1000 lux sunlight during the day for atleast 3 hrs / दिन में 3 घंटे न्यूनतम 1000 लक्स सनलाइट में रहे।

● 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 रहे।

---

● Sleep on zero volt bedsheet every night / हर रात जीरो वोल्ट बेडशीट पर सोये।

● Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर भूमि के बरोबर संपर्क में रहे।

---

● Go for 2/3 pot water / Himzil / Robot water / 2/3 मरका 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)  Amle Juice (100 ml)

---

HWI  LLHWI  Lower Limb HWI  HOT  Leg Raise

---

 Panchkarma (आयुर्वेद)	Virechan शिरान	<input checked="" type="checkbox"/>	Lepam लेपन		Nasyam नास्यम्		Shiro Picchu शिरो पिचु	<input checked="" type="checkbox"/>
	Udvartan उद्वर्तन		Janu Basti जानु बस्ति		Prishti Basti पृष्ठ बस्ति		Gandhoosh गण्डू	
	Thoran थोरन		Abhyangam अभ्यंग		Chakra Picchu उत्त पिचु		Uruli Basti उरु बस्ति	
	Mridala Basti मृदाल बस्ति		Prishti Picchu पृष्ठ पिचु		Ruksh Pusti रूख पुस्ति		Parishak परिशक	
	Knee Picchu कूना पिचु		Dhoom Varti धूम वर्ति		Kathanan कट्टे नपन		Gude Picchu गुदे पिचु	
	Herid Picchu हृदय पिचु		Throat Lepam ग्रीव लेपन					

---

● **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) 9 am to 8 pm

---

**Medication / औषधि** N.A

---

**Other / अन्य चिकित्सा** Naem Karela

Signature: [Signature]

---

**Whatsapp Helpline: +91 97172 97657**

## Journey to Recovery

Suffering from diabetes for 1.5 years, Ajit Kumar's attempts at self-modification yielded temporary relief, but blood sugar levels remained erratic. Unwilling to pursue allopathic treatments, he joined the "Cure at 72 Hours" camp at HIIMS Meerut. Five months post the camp, Ajit Kumar proudly maintains his blood sugar below 124mg/dl, showcasing the transformative impact of this holistic approach to diabetes management.



To watch the video,  
scan this QR code



## Case Study 5

### Suresh Kumar Kavedia's Triumph Over ADPKD

#### Background

Suresh Kumar Kavedia, a 65-year-old resident of Hanumanth Nagar, Karnataka, confronted the challenges of Autosomal Dominant Polycystic Kidney Disease (ADPKD). His health journey, marked by high blood pressure, brain stroke, itching, leg pain, and elevated potassium levels, led him to seek a transformative experience at the “Cure at 72 Hours” camp at HIIMS Meerut. The camp spanned 16, 17, and 18 June.

#### Pre-Camp Parameters (16, 17, 18 June, 2023)

- *Medication:* Prazopress 5 mg, Cilcar 10 mg, Betaloc 25 mg, Rosumac CV 10, Nexito 5 mg
- *Physical Symptoms/Discomforts:* Leg pain, itching, swelling
- *Diagnostic Reports:* 14/4 available with DAM

#### Post-Camp Progress

- *Medications:* Cilcar, Prazopress
- *Physical Symptoms/Discomforts:* Nil
- *Diagnostic Reports:* Not available

#### Therapeutic Interventions

##### DIP Diet

- *Before:* 100%
- *Current:* 80%

## GRAD Therapy

- Before: HWI (1 Hour)
- Current: HWI (1 hour)

## Panchkarma Therapies

- Before: Lepam, Abhyangam
- Current: No

Dr. Biswanoop Roy Chowdhury (Phd In Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Sanju Khatri (BDS)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Manu Pathak (BAMS, MD)  
 Dr. Priyanka Singh (BAMS, MD)  
 Dr. Manika Khatri (BAMS)  
 Dr. Pawneesh Kumar Tanti (BAMS)  
 Dr. Sunisha Monan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)



**CURE @ 72hrs**

**Circadian Chart**



HUMS

Recommended for SURESH KUMAR      Date: 18/06/2023

---



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


7 to 8 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 प्रकार 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 जैसी वोल्ट बेडशिट पर सोएं।


● Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर भूमि के इलेक्ट्रॉन संपर्क में रहें।

---



● Go for 2/3 pot water / Himzil / 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 चिकित्सा

Virechan विरेचन	Lepam लेपम	Nasyam नस्यम्	Shiro Picchu शिरो पिचु <input checked="" type="checkbox"/>
Udvardhan उदवर्तन	Janu Basti जानु बस्ति	Prishthi Basti प्रिश्ठी बस्ति	Gandhoosh गण्डूष
Thalam तलम्	Abhyangam अभ्यङ्ग	Chest Picchu उरु पिचु	Uroh Basti उरु बस्ति
Hridya Basti हृदय बस्ति	Pristh Picchu प्रिश्ठ पिचु	Ruksh Pottl रुक्ष पोट्टली	Parishkek परिशेक
Knee Picchu कूना पिचु	Dhoom Varti धूम वर्ति	Katsinan कट्टि स्नान	Guda Picchu गुदा पिचु
Hrid Picchu हृदय पिचु	Throat Lepam ग्रीवा लेपम		

---



● Decide to eat within the bracket of/ इस समय सोमा 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** To be Stopped : Rosumac CV 10, Betaloc 25mg  
 To be Tapered : Prozapress 5mg, Cilacar 10mg, Nexito 5mg

**Other / अन्य निर्देश** Dominant Good App Patient from Play Store

Signature: [Signature]

Whatsapp Helpline: +91 97172 97657

## Journey to Recovery

Suresh Kumar Kavedia battled ADPKD, high blood pressure, brain stroke, itching, leg pain, and high potassium levels before joining HIIMS Meerut. Through the “Cure at 72 Hours” camp, conducted from 16 to 18 June, he embraced a holistic approach. Post-camp, Suresh Kumar experienced a remarkable transformation, with no physical discomforts and a significant reduction in medication dependency, showcasing the effectiveness of the integrative therapeutic model employed at the camp.



To watch the video,  
scan this QR code



## Case Study 6

### Subhash Chandra Singh's Triumph Over Diabetes, Liver Infection, and Intestinal Wall Thickening

#### Background

Subhash Chandra Singh, a 51-year-old resident of Mirzapur, Uttar Pradesh, faced a health crisis involving diabetes, liver infection, and thickening of the intestinal wall. The persistent stomach ache prompted him to seek medical attention, leading to a diagnosis of liver infection and intestinal wall thickening. Subsequently, he participated in the “Cure at 72 Hours” camp at HIIMS Meerut, conducted from 18 to 20 August.

#### Pre-Camp Parameters (18, 19, 20 August, 2023)

- *Medication:* Protein, Gemer-2
- *Physical Symptoms/Discomforts:* Stomach ache
- *Diagnostic Reports:* Not provided

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Nil
- *Diagnostic Reports:* Not provided

#### Therapeutic Interventions

##### DIP Diet

- *Before:* 100%
- *Current:* 100%

## GRAD Therapy

- Before: Lower limb HWI
- Current: No

## Panchkarma Therapies

- Before: Lepam, Neem Karela
- Current: No

Dr. Sitwroop Ray Chowdhury (Phd in Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Sanju Khari (SOS)  
 Dr. Yamini Chenna (BAMS, PGDIP)  
 Dr. Hanu Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Monika Khatri (BAMS)  
 Dr. Fawneesh Kumar Tanta (BAMS)  
 Dr. Sunisha Monan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)

# CURE @ 72hrs

### Circadian Chart

Recommended for SUBASH CHANDRASINGH Dated: 28/Aug/23

**☀️ 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 समलाइट 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 समलाइट में रहें।

---

**⚡ Sleep on zero volt bedsheets every night / हर रात जीरो 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 टॉकर संपर्क में रहें।

---

**💧 Go for 2/3 pot water / Himzil / Robot water / 2/3 मटका सिस्टम का पानी / हिमजिल / रोबोट वाटर इस्तेमाल करें।**

---

**🌿 Decide to be on DIP diet / बीजाईपी 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**

---

<b>Panchkarma Therapies</b>	Virechan विरेचन	Lepam लेपम	<input checked="" type="checkbox"/>	Nasyam नस्यम्	Shiro Picchu शिरो पिचु	<input checked="" type="checkbox"/>
	Udvartan उदवर्तन	Janu Basti जानु बस्ति	<input checked="" type="checkbox"/>	Pristhi Basti पृश्ठी बस्ति	Gandhoosh गण्डूष	<input type="checkbox"/>
	Thalam तलम्	Abhyangam अभ्यङ्ग	<input type="checkbox"/>	Chest Picchu उरु पिचु	Uroh Basti उरु बस्ति	<input type="checkbox"/>
	Hridaya Basti हृदय बस्ति	Pristh Picchu पृश्ठी पिचु	<input type="checkbox"/>	Ruksh Potli रूक्ष पोटली	Parichhak परिष्क	<input type="checkbox"/>
	Knee Picchu कुटना पिचु	Dhoom Varti धूम वर्ति	<input type="checkbox"/>	Katsinan कटि स्नान	Guda Picchu गुदा पिचु	<input type="checkbox"/>
	Hrid Picchu हृदय पिचु	Throat Lepam शीघ्र 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** To be tapered - Jai glucent rapid (diabetes), (ontus - Some (Diabetes)

**Other / अन्य निर्देश** Download GRAD App application from Play store, Neem Karela.

Signature: \_\_\_\_\_

**Whatsapp Helpline: +91 97172 97657**



## Journey to Recovery

Subhash Chandra Singh, already managing diabetes, was confronted with liver infection and thickening of the intestinal wall, accompanied by persistent stomach pain. Seeking a holistic approach, he participated in the “Cure at 72 Hours” camp at HIIMS Meerut from 18 to 20 August. Post-camp, Subhash Chandra experienced a remarkable turnaround, with the elimination of medications and the absence of physical discomforts. The success of this integrative therapeutic model showcases the camp’s effectiveness in addressing complex health challenges.



To watch the video,  
scan this QR code



## Case Study 7

### Sukhveer Singh Solanki's Victory Over Diabetes and Prostate Issues

#### Background

Sukhveer Singh Solanki, a 65-year-old resident of Bharatpur, Rajasthan, confronted the challenges of diabetes and mild prostate issues. Seeking an alternative to a medication-dependent life, he joined the “Cure at 72 Hours” camp at HIIMS Meerut from 17 to 19 February.

#### Pre-Camp Parameters (17, 18, 19 February, 2023)

- *Medication:* Thyrox (25mg), Glycomag GP-05mg, Montek Lc - 10mg, Gluconorm Sr -500mg
- *Physical Symptoms/Discomforts:* Frequent urination, Severe constipation, Pain in the right leg, mild prostate issues

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Nil
- *Diagnostic Reports:* Never underwent

#### Therapeutic Interventions

##### DIP Diet

- *Before:* 100%
- *Current:* 100%

## GRAD Therapy

- **Before:** HWI (30 - 40 minutes)
- **Current:** No (Lower leg hot water immersion therapy – 20 minutes occasionally)

## Panchkarma Therapies

- **Before:** Nitya Virechana, Nasya, Neem karela, Uttar Basti, Thalam
- **Current:** No



# CURE @ 72hrs



### Circadian Chart

Recommended for Sukhveer Singh Solanki Dated: 19 Feb 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 bedsheet every night. / हर रात जीरो वोल्ट बेडशीट पर सोए।
- Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक धर से बाहर भूमि के इलेक्ट्रॉन संपर्क में रहें।

---



- Go for 2/3 pot water / Himzil / Robot water / 2/3 मलका 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** LSD  Red Juice (250 ml)  Ashgourd Juice (250 ml)  Amla Juice (100 ml)

---




HWI  LLHWI Sas Lower Limb HWI  HDT  Leg Raise

---

Panchkarma Therapies

Virechan विरेचन	<input checked="" type="checkbox"/>	Lepam लेपम	<input type="checkbox"/>	Nasyam नस्यम	<input checked="" type="checkbox"/>	Shiro Picchu शिरो पिचु	<input type="checkbox"/>
Udvartan उद्वर्तन	<input type="checkbox"/>	Janu Basti जानु बस्ति	<input type="checkbox"/>	Prishti Basti प्रिस्टी बस्ति	<input type="checkbox"/>	Gandhoosh गंधूशु	<input type="checkbox"/>
Thalam तलम	<input checked="" type="checkbox"/>	Abhyangam अभ्यांगम	<input type="checkbox"/>	Chest Picchu उरु पिचु	<input type="checkbox"/>	Uroh Basti उरु बस्ति	<input type="checkbox"/>
Hridya Basti हृदय बस्ति	<input type="checkbox"/>	Prisht Picchu प्रिस्ट पिचु	<input type="checkbox"/>	Ruekh Potli रूख पीटली	<input type="checkbox"/>	Parishek परिशेक	<input type="checkbox"/>
Knee Picchu घुटना पिचु	<input type="checkbox"/>	Dhoom Varti धूम वर्ती	<input type="checkbox"/>	Katisnan कटि स्नान	<input type="checkbox"/>	Gudra Picchu गुद्रा 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 निवेश**

Signature \_\_\_\_\_

To be Stopped - Glucocorm, Mantair LC, Gilycom  
To be tapered - Thyrox.

Neem Karela

## Journey to Recovery

Sukhveer Singh Solanki, initially managing diabetes with medications, sought a medication-free life inspired by Dr Biswaroop Roy Chowdhury. Despite facing frequent urination, severe constipation, leg pain, and mild prostate issues, he attended the “Cure at 72 Hours” camp in February 2023. Following the camp’s protocols, including the DIP Diet and various therapies, Sukhveer Singh achieved a medication-free life with normal blood sugar readings. His success reflects the effectiveness of the integrative approach in achieving holistic well-being.



To watch the video,  
scan this QR code



## Case Study 8

### Tandrani Debbarama's Triumph Over Chronic Kidney Disease

#### Background

Tandrani Debbarama, a 46-year-old resident of Tripura, faced the challenges of Chronic Kidney Disease (CKD). Her journey towards recovery began when she participated in the “Cure at 72 Hours” camp at HIIMS Meerut from 7 to 9 July.

#### Pre-Camp Parameters (7, 8, 9 July, 2023)

- *Medication:* Amlong
- *Physical Symptoms/Discomforts:* Weakness, Urinal problems
- *Diagnostic Reports:* Creatinine - 13

#### Post-Camp Progress

- *Medications:* Amlong SOS when BP is high
- *Physical Symptoms/Discomforts:* Weakness, occasional nausea
- *Diagnostic Reports:* Creatinine reduced to 9

#### Therapeutic Interventions

##### DIP Diet

- *Before:* 100%
- *Current:* 50%

##### GRAD Therapy

- *Before:* HWI (1 Hour During Camp)
- *Current:* Twice a week for 1 hour as she is working

## Panchkarma Therapies

- Before: Nadi Swed, Uttar Basti, Shirodhara, PPS
- Current: No

Dr. Biswaroop Roy Chowdhury (Phd in Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Sanju Khatri (BOS)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Annu Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Monika Khatri (BAMS)  
 Dr. Pawanesh Kumar Tamta (BAMS)  
 Dr. Sunisha Manan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)



**CURE @ 72hrs**

**Circadian Chart**

Recommended for Tandrani Debbarama Dated: 9 July 2023



**IIHS**

---



● **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 bedsheet every night / हर रात जीरो वोल्ट बेडशीट पर सोए।  
 ● Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर भूमि के इलेक्ट्रिक सर्किट में रहें।

---



● Go for 2/3 pot water / Hilmzil / 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 / कढ़ा: अटैचमेंट के अनुसार  
 ● **Juice / रस**  
 Green Juice (250 ml)  Red Juice (250 ml)  Ashgourd Juice (250 ml)  Amla Juice (100 ml)

---



HWI  LLHWI  Lower Limb HWI  HDT  Leg Raise

---



Panchkarma  
Higanti

Virechan विरचन	<input type="checkbox"/>	Lepam लेपन	<input type="checkbox"/>	Nasyam नस्यन	<input type="checkbox"/>	Shiro Picchu शिरों पिटु	<input checked="" type="checkbox"/>
Udvartan उद्वर्तन	<input type="checkbox"/>	Janu Basti जानु बस्ति	<input type="checkbox"/>	Prishti Basti पृश्ठी बस्ति	<input type="checkbox"/>	Gandhoosh गण्धुष	<input type="checkbox"/>
Thalam तलन	<input type="checkbox"/>	Abhyangam अभ्यङ्ग	<input checked="" type="checkbox"/>	Chest Picchu उरु पिटु	<input type="checkbox"/>	Uroh Basti उरु बस्ति	<input type="checkbox"/>
Hridya Basti हृदय बस्ति	<input type="checkbox"/>	Prisht Picchu पृश्ठी पिटु	<input type="checkbox"/>	Rukh Pottli रूख पोटली	<input type="checkbox"/>	Parishkek परिशेक	<input type="checkbox"/>
Knee Picchu घुटना पिटु	<input type="checkbox"/>	Dhoom Varti धूम वर्ति	<input type="checkbox"/>	Katsinan कटि स्नान	<input type="checkbox"/>	Guda Picchu गुदा पिटु	<input type="checkbox"/>
Hrid Picchu हृदय पिटु	<input type="checkbox"/>	Throat Lepam श्रीग लेपन	<input type="checkbox"/>				

---



● **Decide to eat within the bracket of / इस समय सैमा 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** To be tapered - Amloxy and prazepres

---

**Other / अन्य निर्देश** download Covid app from playstore

Signature 

Whatsapp Helpline: +91 97172 97657

## Journey to Recovery

Tandrani Debbarama's CKD journey began in 2020, with increasing creatinine levels reaching 13 in 2023. Discovering the "Cure at 72 Hours" camp through YouTube videos in July 2023,

she decided to participate. Implementing the camp's protocols, including the DIP Diet and various therapies, Tandrani witnessed a remarkable improvement. Her creatinine levels reduced to 9, reflecting the effectiveness of the integrative approach in managing and mitigating the challenges posed by CKD.



To watch the video,  
scan this QR code



## Case Study 9

### Sandeep P. Vaijapurkar's Triumph Over Diabetes, Hypertension, and Obesity

#### Background

Sandeep P. Vaijapurkar, a 55-year-old resident of Gujarat, found himself grappling with the challenges of Diabetes, Hypertension, and Obesity. His transformative journey began when he participated in the “Cure at 72 Hours” camp at HIIMS Meerut from 17 to 19 February.

#### Pre-Camp Parameters (17, 18, 19 February, 2023)

- *Medication:* Sithenz DM 1000, Metosartan LN 50
- *Physical Symptoms/Discomforts:* No discomfort while on medicines, but high BP and sugar readings persisted.
- Blood sugar readings (F): 170-180 with medicine
- Blood pressure readings: 140/85 with medicines
- Weight: 120 kg

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Nil
- Blood sugar readings (F): 150-160 without medicine
- Blood pressure readings: 140/80 without medicines
- Weight: Reduced to 104 kg



## Therapeutic Interventions

### DIP Diet

- Before: 100%
- Current: 100%

### GRAD Therapy

- Before: HWI (30-40 minutes)
- Current: HWI (30-40 minutes)

Dr. Biswaroop Roy Chowdhury (Phd in Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Sanju Khari (BOS)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Manu Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Manika Khatri (BAMS)  
 Dr. Fawneh Kumar Tamta (BAMS)  
 Dr. Sanisha Manan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)



**CURE @ 72hrs**

**Circadian Chart**

Recommended for Sandeep P. Vajja Purkar Dated: 19 Feb 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 समनाइट में रहे।

● 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 समनाइट में रहे।

---

**● Sleep on zero volt bedsheet every night / हर रात त्रिरेषे चोपट बेडशीट पर सोएं।**

● Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर धूमि के इलेक्ट्रिक संपर्क में रहें।

---

**● Go for 2/3 pot water / Himzil / Robot water / 2/3 मटका सिस्टम का पानी / हिमजिल / रोबोट वाटर इस्तेमाल करें।**

---

**● Decide to be on DIP diet / डीआरपी 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)  Amle Juice (90 ml)  30 ml in 30 ml water

---

HWI  LLHWI SoS Lower Limb HWI  HDT  Leg Raise

---

<b>Panchakarma Treatment</b>	Virechan विरेचन	<input checked="" type="checkbox"/>	Lepam लेपन	<input type="checkbox"/>	Nasyam नास्यम	<input checked="" type="checkbox"/>	Shiro Picchu शिरो पिचु	<input type="checkbox"/>
	Udvartan उद्वर्तन	<input type="checkbox"/>	Janu Basti जानु बस्ति	<input type="checkbox"/>	Prishthi Basti पूषट बस्ति	<input type="checkbox"/>	Gandhoosh गण्डूश	<input type="checkbox"/>
	Thalam तलाम	<input checked="" type="checkbox"/>	Abhyangam अभ्यङ्गन	<input type="checkbox"/>	Chest Picchu उरु पिचु	<input type="checkbox"/>	Uroh Basti उरु बस्ति	<input type="checkbox"/>
	Hridya Basti हृदय बस्ति	<input type="checkbox"/>	Prishth Picchu पूषट पिचु	<input type="checkbox"/>	Ruksh Potli रुक्ष पोटली	<input type="checkbox"/>	Parishkek परिशेक	<input type="checkbox"/>
	Knee Picchu घुटना पिचु	<input type="checkbox"/>	Dhoom Varti धूम वस्ति	<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 लेपन	<input type="checkbox"/>				

---

**● Decide to eat within the bracket of / इस समय सोपा 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** To be Stopped - All Diabetic Medicines  
To be Taken - BP Medicines

---

**Other / अन्य निर्देश**

*Vajja Purkar*  
Signature

---

**Whatsapp Helpline: +91 97172 97657**

## Journey to Recovery

Sandeep P. Vaijapurkar's health challenges included Diabetes, Hypertension, and Obesity. Initially advised of medications by a doctor in Gujarat, he later decided to explore alternatives. Being a follower of Dr Biswaroop Roy Chowdhury, he discovered the "Cure at 72 Hours" camp in February 2023. Engaging in the camp's DIP Diet and therapies, Sandeep experienced a remarkable turnaround. Today, he enjoys a medicine-free life with improved blood sugar and blood pressure readings. Furthermore, his weight has reduced from 120 kgs to 104 kgs, signifying a holistic transformation in his well-being.



To watch the video,  
scan this QR code



## Case Study 10

### Saneboina Padma's Triumph Over Arthritis and Obesity

#### Background

Saneboina Padma, a 51-year-old female from Telangana, found herself battling the challenges of Arthritis and Obesity. Her journey towards recovery began with her participation in the “Cure at 72 Hours” camp.

#### Pre-Camp Parameters:

- *Medication:* Enzoflam, Uprise D3, pan D, tab shelcal, along with physiotherapy
- *Physical Symptoms/Discomforts:* Severe, unbearable joint pain

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Nil

#### Therapeutic Interventions

##### DIP Diet

- *Before:* 100%
- *Current:* 100%

##### GRAD Therapy

- *Before:* HWI (1 hour)
- *Current:* HWI (1 hour, recently stopped as she is out of India)

## Panchkarma Therapies

- Before: Parisheka, Janubasti, Shirodhara, Pps, Katipichu
- Current: No

Dr. Biswaroop Ray Chowdhury (Phd In Diabetes & CKD)  
 Dr. Anu Bhardwaj (BAMS, PGDIP)  
 Dr. Namita Gupta (MBBS, MD)  
 Dr. Saraju Khari (BOS)  
 Dr. Yamini Channa (BAMS, PGDIP)  
 Dr. Menu Pathak (BAMS, MD)  
 Dr. Priyank Singh (BAMS, MD)  
 Dr. Monika Khatri (BAMS)  
 Dr. Pawneesh Kumar Tamta (BAMS)  
 Dr. Sunisha Manan (BAMS)  
 Dr. Jitendra Gangwar (BAMS)

**CURE @ 72hrs**

**Circadian Chart**

Recommended for Sevaboina Padma Dated: 20 Aug 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 प्रकार से बचें।

● Atleast 1000 lux sunlight during the day for atleast 3 hrs./ दिन में 3 घंटे न्यूनतम 1000 लक्स सललाइट 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 सललाइट में रहें।

**● Sleep on zero volt bedsheet 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 डारेक्ट संपर्क में रहें।

● Go for 2/3 pot water / Himzil / 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 Treatment	Virechan विरेचन	<input type="checkbox"/>	Lepam लेपन	<input type="checkbox"/>	Nasyam नास्यम	<input type="checkbox"/>	Shiro Picchu शिरो पिचु	<input type="checkbox"/>
	Udvartan उद्वर्तन	<input checked="" type="checkbox"/>	Janu Basti जानु बस्ति	<input type="checkbox"/>	Prishti Basti पृष्ठ बस्ति	<input type="checkbox"/>	Gandhoosh गण्डूश	<input type="checkbox"/>
	Thalam तलम	<input type="checkbox"/>	Ahyangam अभ्यङ्ग	<input type="checkbox"/>	Chest Picchu उरु पिचु	<input type="checkbox"/>	Uroh Basti उरु बस्ति	<input type="checkbox"/>
	Hridya Basti हृदय बस्ति	<input type="checkbox"/>	Prist Picchu पृष्ठ पिचु	<input type="checkbox"/>	Ruksh Potli रूक्षा पोटली	<input type="checkbox"/>	Parishek परिशेक	<input type="checkbox"/>
	Knee Picchu घुटना पिचु	<input checked="" type="checkbox"/>	Dhoom Varti धूम वार्ति	<input type="checkbox"/>	Katsinan कटि स्नान	<input type="checkbox"/>	Guda Picchu गुदा पिचु	<input type="checkbox"/>
Hrid Picchu हृदय पिचु	<input type="checkbox"/>	Throat Lepam शीवा लेपन	<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 To be Stopped -** knzoflam, uprise D3, pAND, shekel

**Other / अन्य निर्देश**

Signature [Signature]

**Whatsapp Helpline: +91 97172 97657**

## Journey to Recovery

Saneboina Padma's health challenges included severe joint pain and obesity. Before the camp, she was on medications and physiotherapy to manage her condition. However, seeking a more comprehensive solution, she participated in the "Cure at 72 Hours" camp. After embracing the DIP Diet and GRAD Therapy, she experienced a remarkable transformation. Currently, she is medication-free, and her joint pain has alleviated. Though she has temporarily paused the HWI sessions due to being out of India, her journey stands as a testament to the efficacy of holistic healing approaches.



To watch the video,  
scan this QR code



## Case Study 11

### Sneha Koley's Triumph Over Systemic Lupus Erythematosus

#### Background

Sneha Koley, a 16-years-old female from Chennai, found herself battling the challenges of Systemic Lupus Erythematosus. Her journey towards recovery began with her participation in the “Cure at 72 Hours” camp.

#### Pre-Camp Parameters

- *Medication:* Tab Wysolone 40 mg, Tab Azathioprine 50 mg, Tab Shelcal 500 mg, Tab Naproxen 250 mg, Tab pantoprazole 40, Tab HCQ 200, Cutisoft Cream, Vit c, Tab Acyclovir 400 mg
- *Physical Symptoms/Discomforts:* Black spots covered whole Face, Redness in Eye, Fever on and off, Body Pain, Mouth Ulcers, Depression, Joint pains (both knees and elbows), Eye congestion, Facial Puffiness

#### Post-Camp Progress

- *Medications:* Nil
- *Physical Symptoms/Discomforts:* Slight Spots over face

## Therapeutic Interventions

### DIP Diet



- Before: 100%
- Current: 100%

### GRAD Therapy

- Before: HWI (1 hour)
- Current: Lower Leg Hot water Immersion Therapy (30 Minutes)

### Panchkarma Therapies

- Before: Abhyangam
- Current: No

**Circadian Chart**

Recommended for Sneha Kaley Dated 18 June 2022

---

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 बचाओ।  
 Atleast 1000 lux sunlight during the day for atleast 3 hrs / दिन में 3 घंटे न्यूनतम 1000 लक्स सनलाइट से 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 से रहें।

---

Sleep on zero volt bedsheet every night / हर रात शीरे कीट वेडशीट पर सोएं।  
 Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर भूमि के टॉपलर संपर्क में रहें।

---

Go for 2/3 ppt. water / Himszil / Robot water / 2/3 मल्टीपल सिस्टम का पानी / हिंससिल / रोबोट वाटर (दोनों में से कोई एक)

---


Decide to be on DIP diet / दौआ/दुई हाइड्र पर स्टूने का निर्णय लें।  
 DIP Diet  DIP Diet - Plate 2 (Dinner)  DIP Diet - Plate 2  DIP Diet (Soft)

Kadhya: As per attachment / कषाया: अटैचमेंट के अनुसार।  
 Juice / रस  
 Green Juice (250 ml)  Red Juice (250 ml)  Ashgourd Juice (250 ml)  Amra Juice (100 ml)

---

HWI  LLHWI  Lower Limb HWI  HDT  Leg Raise

---

 Panchkarma उत्तरावधि	Virechan विरेचन Udvartan उद्वर्तन Thalam तलम Mishya Basti मिष्या बस्ती Knee Picchu कूने पिचु Hird Picchu हिरद पिचु	Lepan लेपन Jaru Basti जरु बस्ती Abhyangam अभ्यांगम Priste Picchu प्रिस्टे पिचु Dhoos Varti धूस वरती Throat Lepan थ्रोट लेपन	Naayam नायम Priste Basti प्रिस्टे बस्ती Chest Picchu चेस्ट पिचु Ruch Pochi रुच पोची Katsaran कटारन	Shiro Picchu शीरो पिचु Gandhoosh गंधूश Uron Bacti उरन बस्ती Parshnek परशनेक Gaste Picchu गस्टे पिचु
--	---	--	---	--

---

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 Taper down all the medicines

---

Other / अन्य निर्देश  
 Signature: [Signature]

---

Whatsapp Helpline: +91 97172 97657

## Journey to Recovery

Sneha Koley's health challenges included severe Black spots covering her whole Face, Redness in eyes, Fever on and off, Body Pain, Mouth Ulcers, Depression, Joint pains (both knees and elbows), Eye congestion, Facial Puffiness. Before the camp, she was on medications to manage her condition. However, seeking a more comprehensive solution, she participated in the "Cure at 72 Hours" camp in the month of June 2023. After embracing the DIP Diet and GRAD Therapy, she experienced a remarkable transformation. Currently, she is medication-free with no discomforts except a few spots over face which are currently under recovery. her journey stands as a testament to the efficacy of holistic healing approaches.



## Appendix

---

### Basic Panchkarma Therapies

The term *Panchkarma* is made out of two words: *Pancha* and *Karma*.

*Pancha* denotes sankhya pradhanya that is five and *Karma* denotes to the procedure which has multi dimensional therapeutic effects and having the capacity to expel the doshas in larger quantity.

Panchkarma presents a unique approach of Ayurveda with specially designed five procedures of internal purification of the body. *Panchkarma* treatment is basically a bio cleansing regimen used to eliminate the toxic elements from the body and enhance immunity of the body. It also helps in maintaining equilibrium of doshas by eliminating the diseases.

Panchkarma is an ancient science explained 5,000 years ago. It is being mentioned in classical text such as Charak Samhita, Sushruta Samhita, Ashtang Hridayam, Madhav Nidan, Bhavprakash.

Panchkarma involves five main karma and other external therapies (30-40) performed on outer surface of body.

The information given in this, is being taken from Classical Ayurvedic text, Research papers, Journals.

*\*Note: All photographs in this section are shot during the CCAP practical hands-on training, held at Dayanand Ayurvedic College, Jalandhar.*

## Commonly Used Words

Sanskrit/Hindi	Common	Sanskrit/Hindi	Common
Swedan	Steam	Gandoosh	Gargling (mouth filled with oil or decoction but it should not be move inside mouth)
Abhyanga	Oil Massage (Malish)	Kawal	Gargling (mouth filled with oil or decoction but it should be move inside mouth)
Pichu	Cotton pad dipped in oil	Prakshalan	Wash (Douching)
Lepam	Thick paste	Seka	Heating
Parisheka	Uninterrupted flow (Dhara)	Udhvartanam	Powder massage
Nasyam	Nasal drops (Juice, powder, oil, powder)	Mukhlepa	Face pack
Karnpoorana	Ear drops (oil)	Mukh abhyangam	Face massage
Pottali	Bolus	Janu	Knees
Basti	Medicated enema	Prishtha	Back
Dhoompana	Medicated fumes	Merudanda	Spine
Nasa	Nose	Greeva	Neck
Karna	Ear	Akshi	Eyes
Shiro	Head	Hridya	Heart
Kati	Lower back	Kaya	Body
Ritu	Season	Shoola	Pain
Agni	Fire	Stambha	Stiffness
Purva karma	Pre procedure preparation	Kalka	Paste
Pradhan karma	Main procedure	Kwath	Decoction
Paschat karma	Post therapy	Roga	Diseases

Sanskrit/Hindi	Common	Sanskrit/Hindi	Common
Awgahan Swedan	Tub therapy	Rogi	Patient
Sarwang	Full body	Chikitsa	Treatment
Mandagni	Poor fire/heat	Bala	Strength
Sheeta	Cold	Tarpan	Nourishment
Ushana	Hot	Akshi Prakshalana	Eye wash
Ruksha	Dry	Akshi Seka	Eye heating
Snigdha	Smooth	Yoni Prakshalana	Vaginal douching
Vran	Wound	Guru	Heavy
Ama	Indigested food	Laghu	Lightness

### Raw Drugs Used in Panchkarma:

1. Til Taila	13. Aloe vera
2. Coconut Oil	14. Rock salt
3. Honey	15. Neem
4. Shunthi, Hing, Ajwain	16. Long pepper
5. Dashmoola	17. Chandan
6. Bala	18. Tamrind
7. Rasna	19. Camphor
8. Nirgundi	20. Common grass
9. Kolkultha	21. Triphala
10. Licorice	22. Kottamchukadi
11. Haldi	23. Lemon
12. Multani miti/Claysand	24. Manjistha & Lodhra

## Abhyangam



Abhyangam is a Sanskrit word means oil massage. The skin is the largest sense organ that helps in excretion of toxins. During the treatment, abhyangam is done to prepare the body for detoxification process. It helps to move toxins toward gastrointestinal tract to facilitate its smooth elimination.

### 7 positions are mentioned in text for abhyangam

1. Sitting
2. Lying (Supine position)
3. Left lateral
4. Lying on abdomen (Prone position)
5. Right lateral
6. Lying (Supine position)
7. Sitting

### Types of Abhyangam

1. Sarvang Abhyang (Full body massage)
2. Ekanag Abhyang (Massage on one part of body)
3. Pad Abhyang (Foot massage)
4. Shiro Abhyang (Head massage)
5. Mukh Abhyang (Face massage)

### Procedure of Sarvang Abhyangam

- Ask the patient to wear copin and sit on abhyanga table.
- Warm the medicated oil (39-40°C) on indirect heat.
- Rub warm oil initially on head and feet.

- Now do abhyangam in sitting position.
- Change the position and perform abhyangam in 7 different positions as mentioned earlier.
- After abhyangam, ask patient to sit in steam chamber and take Swedan for 15 minutes. Before steaming, take cotton pad, dip it in normal water, squeeze it and put it on fontanelle.
- After Swedan, ask patient to come out, cleanse the body with cloth (towel), than wear the clothes.
- It is mandatory not to go in direct air or cold environment after abhyangam and Swedan.
- Patient can take bath with warm water after 1 to 2 hours of therapy

### Duration

- 40 – 45 minutes for 7 to 14 days

### Benefits

- Imparts strength to all the sensory and motor organs.
- Reduce hair fall
- Relieve stress, tension, low energy level and improves vision and sleep
- Maintain color and complexion of skin
- Relieve fatigue and feeling of exhaustion and tiredness
- Improve muscle tone and enhance circulation
- Excellent for nervous system conditions, anxiety
- Imparts firmness to the limbs

### Indications

- |                    |                           |
|--------------------|---------------------------|
| 1. Osteoarthritis  | 7. Sprain                 |
| 2. Osteoporosis    | 8. Carpel tunnel syndrome |
| 3. Back pain       | 9. Chronic pain           |
| 4. Bodyache        | 10. Gout                  |
| 5. Rejuvenation    | 11. Stress & Anxiety      |
| 6. Frozen Shoulder | 12. Paralysis             |

### ContraIndications

1. Acute inflammation

## Appendix

2. Pregnancy
3. Certain form of cancer
4. Certain form of skin diseases

### Various oil used

- Balaswgandha Taila
- Dhanwantaram Taila
- Mahamasha Taila
- Kottamchukadi Taila
- Mahanarayan Taila

## Akshitarpanam



- Akshitarpanam is a Sanskrit word in which “Akshi” means “eyes” and “tarpan” means “nourishment”. It is a procedure for nourishment and rejuvenation of eyes. It is the best therapy to improve eye sight.
- If Tarpana is properly applied, it alleviates the burning and itching sensation, redness of the affected eye and annihilates the swelling, pain, lacrimation and mucous secretion.
- Akshitarpana should not be performed on a cloudy day.

### Procedure

- Ask the patient to lie down comfortably in supine position.
- Rinse the eyes (outer surface) with decoction and cleanse it with cotton.
- Now take dough of black gram flour and make two circular rings of it.
- Place circular rings around eye socket and fix it with the help of warm water.
- Now take medicated oil, luke warm (38-39°C) it on indirect heat.
- Put the medicated oil slowly, patient is asked to keep eyes closed while pouring the oil.

## Appendix

- Ask patient to blink eyes after oil is poured.
- Remove the oil and repeat the procedure.
- Remove the dough, gently give massage around eyeball and clean it with luke warm water (38°C) or triphala decoction.

### Duration

- 3 – 5 days (20 – 30 minutes)

### Indications

1. Feeling of darkness in front of eyes
2. Dirtiness, dryness and redness in eyes
3. Glaucoma
4. Keratitis
5. Abnormal deviation of eyes
6. Eye lashes falling down
7. Night blindness
8. Atrophy of cranial nerves

### ContraIndications

1. Cloudy day
2. Giddiness
3. Very hot and very cold day
4. Physically and mentally exhausted

### Benefits

- Helps in curing dryness of eyes
- Remove dark circles
- Give relaxation to eye strain
- Give strength to nerves and muscles of eye



## Baluka Swedan



Baluka means “sand” and Swedan means “steam”. It is a type of Swedan in which sand is heated along with other drugs and bolus is performed and Swedan therapy begins.

### Preparation of Pottli

- Take a pan and heat it.
- Put ajwain, methi, dhaniya, sand (baluka), dashmoola choornam, rasnadi choornam, salt (saindhav lavana) powder in it and heat them all.
- When mixture get properly heated, take four square size cotton cloth and put mixture in each cloth and form a bolus by tying them with cotton tag.
- Now start the therapy.

### Procedure

- Ask the patient to wear copin and lie down on therapy table.
- Before starting therapy, check the temperature of pottli on dorsum side of hand.
- Now do pottli massage upwards and downwards on body and in circular motion on joints.
- Perform the procedure in 7 different positions, for 5 to 10 minutes in each position.

## Appendix

- After completion of procedure, give gentle massage on full body.
- Now after completion, clean the body with cloth.
- Ask the patient not to go in direct air and cold environment for 1-2 hours.

## Duration

- 45 minutes – 1 hour for 7 to 21 days

## Benefits

- Relieves pain, joint stiffness, inflammation.
- Strengthen muscles and skin
- It increases peripheral blood supply.
- It has detoxifier properties for the skin, removes the toxins through the pores of skin and lowers the tendency of skin diseases.

## Indications

- Gouty arthritis
- Rheumatoid arthritis
- Muscular sprain
- Chronic pain
- Body ache

## Choorna Pind Swedan



\*

Choornam means “medicated powder”, Pind means “bolus” and Swedan means “Steam”. Choorna pind Swedan is a therapy in which medicated powder is heated in a pan and a bolus is made and therapy is started.

### Preparation of Pottli

- Take a pan and heat it.
- Put Kottamchukadi choornam, Rasnadi choornam, Nagradi choornam, Kolakulthadi choornam, Shunthi choornam, Dashmooladi choornam, Saindhav lavana in a pan and heat them all with regular stirring so that it doesn't charred.
- When mixture get properly heated, take four square size cotton cloth and put mixture in each cloth and form a bolus by tying them with cotton tag.
- Now start the therapy.

### Procedure

- Ask the patient to wear copin and lie down on therapy table.
- Before starting therapy, check the temperature of pottli on dorsum side (backside of palm) of hand.
- Now do pottli massage upwards and downwards on body and in circular motion on joints.
- Perform the procedure in 7 different position, for 5 to 10 minutes in each position.

## Appendix

- After completion of procedure, give gentle massage on full body.
- Now after completion, clean the body with cloth.
- Ask the patient not to go in direct air and cold environment for 1-2 hours.

## Duration

- 45 minutes – 1 hour for 7 to 21 days

## Benefits

- Relieves pain, joint stiffness, inflammation.
- Strengthen muscles and skin
- It increases peripheral blood supply and improve cellular metabolism.
- It has detoxifier properties for the skin, removes the toxins through the pores of skin and lowers the tendency of skin diseases.
- Bring lightness to the body

## Indications

1. Gouty Arthritis
2. Rheumatoid Arthritis
3. Muscular pain
4. Body ache
5. Chronic pian
6. Neuromuscular diseases
7. Lumbar spondylosis
8. Spina bifida
9. Frozen shoulder
10. Cervical spondylosis
11. IVDP
12. Coccydynia
13. Spinal stenosis
14. Spondylolisthesis

## Greeva Basti



\*

- *Greeva* – means nape of neck/ back of neck and *Basti* – means to hold
- The procedure of applying heat to the cervical region by retaining warm medicate oil within a specially formed compartment is called *greeva basti*.

### Procedure

- Ask the patient to lie on *abhyangam* table in prone position.
- Take a dough of black gram flour and make circular ring of it and place it on the back of neck region (cervical region) to form a compartment.
- Take the medicated oil (as advised) and warm it (42-43°C) on indirect heat.
- When oil get warmed, pour it into the compartment.
- Replace the oil with warm oil when it gets cooled.
- Repeat the procedure for 30-40 minutes.
- After the completion of procedure, give gentle massage on that region.
- Followed by *nadi sweda*.
- Excess oil is wiped off from the area.

### Duration

- 30-45 minutes for 7-14 days

## Benefits

- Relieves pain and stiffness in the neck, shoulder and upper limb.
- Relieves swelling and inflammation in the neck, shoulders, bones and soft tissues of the neck.
- Brings lightness and a sense of health, in the upper portion of the body.
- Soothes the nerve supply of neck and upper limb.
- Enhances blood supply to the neck and upper limbs.

## Indications

1. Cervical spondylosis
2. Rheumatoid Arthritis
3. Wry neck
4. Fibromyalgia
5. Migraine
6. Tension headache
7. Osteoporosis
8. Ankylosing Spondylitis
9. Spinal stenosis
10. Slipped herniated bones
11. Trauma to neck bones
12. Neck pain due to poor postures

## Contraindications

- Fever and open wound on neck

## Oil that can be used

- Mahamash tailam
- Murivenna
- Sehacharadi Tailam
- Kottamchukadi Tailam

## Greeva Pichu

---



\*

*Greeva* means “neck” and *pichu* means “cotton swab”. This therapy is performed on back of neck. This therapy is very effective in neck related problems and give high relief in pain, stiffness and swelling issue.

## Guda Pichu

---

*Guda* – anal region, anal canal and *Pichu* – sterile cotton swab dipped in oil.

Sterile cotton swab dipped in oil placed in anal canal internally for certain duration is known as Guda Pichu.

### Procedure

- Patient is lying in lithotomy position so that anal region is properly visible.
- Pichu made of sterile cotton swab which is dipped in warm medicated oil in placed in anal canal.

### Duration

- 1 hour for 14-21 days.

### Oil to be used in this therapy

Oil mixed with *tankan bhasma*

- Jatyadi taila
- Sahacharadi taila
- Dhanwantaram taila
- Ksheerabala taila
- Kasisadi taila

### Benefits

- Relief in pain in anal region caused due to chronic constipation, prolapse rectum, piles, fissure-in-ano.
- It act as Snehana (oleation), Lekhana (scraping), Vrana Ropana (wound healing), Vedahara (reduce pain).

### Indication:

- Fissure-in-ano
- Prolapsed rectum – degree may vary
- Piles
- Fistula-in-ano

### Contraindication

- Acute fissure



## Hridya Basti



- *Hridya basti* is a procedure in which the area around the heart or the cardiac region is continuously bathed with medicated warm oil. The medicated oil is kept on the chest wall with the help of dough made near the heart or on the *hridya charkra*.
- *Hridya basti* gives positive influence on the *hridya chakra* which in turn has a beneficial effect on the mind and gives strengthening effect to the heart muscle.

### Procedure

- The patient is asked to laid down in supine position.
- A dough is made of black gram floor, which is shaped into ring form, and is placed over the cardiac site on the chest.
- A luke warm (40-41°C) medicated oil (heated on indirect heat) is poured into that mold and let it stay till it cool down than replace it with again hot oil.
- Repeat this for 30-40 minutes.
- After the procedure, remove the mold and give gentle massage on chest for absorption of medicine.

### Duration

- 30-45 minutes for 7-14 days

### Benefits

- Beneficial in respiratory diseases, weakness of cardiac muscles
- Improves circular and breathing function
- Relieves stress and anxiety

## Appendix

- Useful in muscular pain of thoracic region

### Indications

1. Ischemic heart diseases
2. Hypertension
3. COPD
4. Asthma
5. Chronic costochondritis
6. Palpitation
7. CAD
8. Concentrated cardiomyopathy
9. Bronchiectasis
10. Respiratory diseases
11. Angina

### Oil that can be used

- Arjun Taila
- Bala Taila
- Dhanwantaram Taila

## Hridya Pichu



\*

Hridya means “Heart” and pichu means “cotton swab”. This therapy is performed on Cardiac region. This therapy is very effective in cardiac and chest related problems and give high relief in pain, stiffness and swelling issue.

### Procedure of Pichu

- Ask the patient to lie down on abhyangam table in supine position.
- Take a square shaped cotton swab, medicated oil (recommended).
- Warm the oil on indirect heat (40-41°C) and dip center of cotton swab in warm oil and squeeze it.
- Now put cotton swab on Pristha and replace it with other pichu when it gets cool down.
- Repeat it for 20-30 minutes.

## Janu Basti



\*

Janu basti mainly comprised of two words “Janu” signifies “knee” and “basti” signifies “holding”.It is a procedure in which warm, medicated oil is poured and pooled for a selective period in a pocket around a knee joint using a dough made up of wet black gram flour. Janu Basti is one of the best and most effective Panchkarma therapy that delivers intense relief from painful and inflammatory conditions and effectively remedies acute to chronic knee and bone-related disorders.

### Procedure

- Ask the patient to lie down in supine position on abhyanga table.
- Make a dough of black gram flour.
- Make a two circular ring of dough and place the ring on bilateral knees.
- Fix the rings with some warm water so that a reservoir is made.
- Now take the medicated oil (41-42°C) and warm it on indirect heat.
- Pour the warm oil (first check it on backside of palm) into the reservoir.
- Replace the oil with warm oil once its cooled.
- Repeat the procedure for 30-40 minutes.
- Remove the dough when process is over.
- Give a gentle massage on knees

### Taila used in Janu basti

- Mahamasha taila
- Kottamchukadi taila
- Narayan taila
- Dhanwantaram taila
- Murivenna
- Tila taila

### Benefits

- Reduce knee swelling, relief in knee pain and knee stiffness
- Increase blood circulation and improve mobility (flexion & extension) of knee
- Increase weight bearing capacity
- Restored the lubricating fluid (synovial fluid) in the knee joint and maintain the integrity of the structures involved in the joint.
- Pacifies aggravated vata dosha in the knee joint

### Indication

- Osteoarthritis
- Rheumatoid arthritis
- Chronic Knee pain
- Patellar dislocation
- Osteoporosis
- Ligament tear

## Janu Pichu



Janu means “knees” and pichu means “cotton swab”. This therapy is performed on knees. This therapy is very effective in knee related problems and give high relief in pain, stiffness and swelling issue.

### Procedure

- Ask the patient to lie down on abhyangam table in supine position.
- Take a square shaped cotton swab, medicated oil (recommended).
- Warm the oil on indirect heat (41-42°C) and dip centre of cotton swab in warm oil and squeeze it.
- Now put cotton swab on knee and replace it with other pichu when it gets cool down.
- Repeat it for 20-30 minutes.
- Now given gentle massage on knees and legs.

### Benefits

- Helps in flexion and extension of knees.
- Relief in knee pain and stiffness.
- Provide strength to knee joint.

### Indications

- Osteoarthritis
- Osteoporosis
- Knee pain
- Stiffness in knees

## Kati Basti



\*

Kati – means low back and Basti – means to hold (compartment which holds)

It is a treatment in medicated oils are poured and pooled for a fixed duration of time in a compartment over the low back area.

### Procedure

- Ask the patient to lie on abhyangam table in prone position.
- Take a dough of black gram flour and make circular ring of it and place it on lower back region (lumbo-sacral region) to form a compartment.
- Take the medicated oil (as advised) and warm it (42-43°C) on indirect heat.
- When oil get warmed, pour it into the compartment.
- Replace the oil with warm oil when it gets cooled.
- Repeat the procedure for 30-40 minutes.
- After the completion of procedure, give gentle massage on that region.

### Benefits

- Relieves pain, stiffness and inflammation in lower back.

## Appendix

- Improve muscle flexibility and joint mobility.
- Remove rigidity and muscle spasm around lumbo sacral region.
- Nourish and strengthen bones, connective tissue, ligament, nerves, muscles of lumbo sacral region and soothes the nerve supplying the low back and legs.
- Bring lightness and sense of health in lower portion of body.

### Indications

1. Lower backache
2. Degenerative spinal changes
3. Spondylolisthesis
4. Disc Prolapse
5. Lumbar spondylosis
6. Ankylosing spondylitis
7. Sciatica
8. Slip disc
9. Coccydynia
10. IVDP
11. Spina bifida
12. Degeneration of vertebral disc

### Oil that can be used

- Kottamchukadi Taila
- Balaswgandhadhi Taila
- Mahanarayan Taila



## Kati Pichu

---



Kati means “” and pichu means “cotton swab”. This therapy is performed on lower back. This therapy is very effective in back related problems and give high relief in pain, stiffness and swelling issue.

## Karanpoorana

---



Karan means “ear” and poorana means “filling”. Karnpoorana is a process in which the ear is filled with medicated oil, decoction, swarasa for stipulated period of time.

### Procedure

- Ask the patient to lie on table on opposite side of ear having pain. Patient should lie in lateral position by keeping hand on the pillow.
- Warm the oil and give gentle massage on internal and external ear and surrounding region of ear.
- Give low flame steam to ears.
- Warm the medicated oil (38-39°C) on indirect heat and pour (drop wise) it into ear up to base of concha by pulling the pinna backward and upward.
- Wait for 5 minutes till oil get absorbed and repeat the procedure 2-3 times.
- After this, remove oil completely by inserting cotton in auditory meatus and advising the patient to tilt the head. Give gentle massage around ear and clean it with soft towel.
- Advise the patient to be in the same position for 5 minutes and then slowly sit on the table.

### Duration

- 5-7 days for 30-40 minutes

### Benefits

- Optimizes hearing function
- Strengthen voice, jaw and head
- Cleanse ear (dust and wax)
- Strengthen ear bone and nerves
- Reduces dryness and itching in ear
- Prevents ear infection
- Relieves headache

### Indications

1. Tinnitus
2. Nerve weakness
3. Earache
4. Deafness
5. Neck pain
6. Ear congestion
7. Low jaw/TMJ
8. Vertigo

### ContraIndications

- CSOM (Chronic suppurative otitis media- inflammation of middle ear)
- Cholesteatoma (Abnormal non-cancerous growth behind ear drum)

### Drugs used in Karnpoorana

- *Karna Shoola (Ear ache)*: Bilva Taila, Nirgundi Taila
- *Karna Nada (Tinnitus)*: Apamarg Kshaar Taila
- *Badhirya (Deafness)*: Bala Taila, Dhanwantaram Taila

## Kawal & Gandoosh



\*

Kawal and *Gandoosh* generally means gargling.

The only difference between kawal and gandoosh is that in Gandoosh the mouth is completely filled with medicated liquid (decoction, oil, honey, warm water) so that it could not be moved in the mouth, while in Kawal the mouth is filled in lesser extent so that it could be moved in the mouth

### Indications

1. Burning sensation in mouth
2. Gingivitis
3. Pyorrhea
4. Tonsillitis
5. Mouth disease
6. Toothache and excessive salivation
7. Neck stiffness
8. Shiroroga

### Commonly used Drug

- *Irimedadi Taila*: Mouth disease
- *Ksheerbala Taila*: Neck stiffness
- *Bakuchi Taila*: Disease of mouth & teeth
- *Panchvalkal*: Mouth ulcer

## Kati Snan



*Kati* – low back region and *Snan* – warm bath

Hip bath, applying warm bath/heat to the pelvic or rectal area by sitting in a tub.

### Benefits

- Cleanses the perineum, the spaces between the rectum and vulva in female and scrotum in male.
- It provides relief from the pain or itching in the genital area.
- To reduce the pain and discomfort during menstrual period.
- To reduce swelling and irritation.
- To increase circulation by vasodilation.
- To promote relaxation.
- To relieve pain in retention and painful urination.

### Indications

- |                                |                        |
|--------------------------------|------------------------|
| 1. Swollen painful hemorrhoids | 5. Uterine cramps      |
| 2. Backache                    | 6. CLD                 |
| 3. Episotomy                   | 7. Ano Rectal disorder |
| 4. Liver Cirrhosis             | 8. CKD                 |

### ContraIndications

- Peripheral vascular diseases.
- Impaired peripheral sensory function.
- Immediate post haemorrhoidectomy.

## Lepam



\*

Lepam means local application of paste on affected part of body.

### Procedure

- It is a procedure in which Fresh herbs or herbal medicine (powder form) is mixed with suggested liquid (water/ decoction/cow) milk to form a paste.
- The paste is applied to the body (on affected site) for a certain period.
- When the paste is about to lose its moisture, it is removed with clean cotton, and a warm bath is given to the patient.

**Note:** *Do not let the mask get fully dry.*

The leepam acts as a body scrub used to smooth your skin, rejuvenate your blood circulation, and relive aches. It activates the natural purifying and healing abilities of the body.

### Benefits

- It relaxes the mind and the body and promotes better sleep.
- It nourishes the body.
- Acts as a scrubber to the skin and removes dead skin.
- It improves skin condition and opens clogged pores.

- It treats psoriasis pimples and dark pigmentations.
- It heals injuries.
- Helps in arthritis and joint pains.
- Helps in muscle stiffness and back pain.
- Nourishes the tissues of the body.

### Indications

1. Muscular weakness
2. Hemiplegia
3. General disability
4. Atrophy and wasting of muscle tissue
5. Rheumatic complaints
6. In geriatric care
7. Neurological disorders of vata pitta in nature
8. Children respond this treatment positively

### ContraIndications

1. Fever and cold
2. Kaphaja diseases
3. Swelling (chronic) (near ankle & wrist)
4. Skin diseases
5. Fresh injuries
6. Pregnancy
7. Bedsores
8. Burns

### Duration

- 40-50 minutes

## Matra Basti

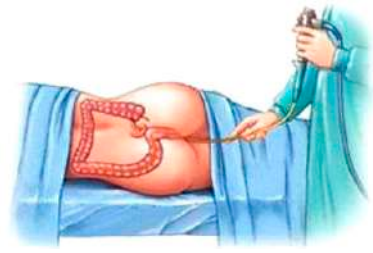
Ayurveda Panchkarma therapy is a composite and unique therapeutic system. One of the most successful panchkarma treatment is basti chikitsa. The word “basti” literally means “bladder”. Medicated decoction or oil is administered in body through anus using a particular device designed for basti process. Basti is a therapy that churns up stool, including all other morbid matter found there, while moving in the umbilical region, lumbar region, sides of the chest, and pelvic region, and suitably eliminates them with ease after nourishing the body. Matra basti is a sub type of anuvasana basti. It is given in low dose. It is a type of Sneha basti – fat enema. In Sneha basti, medicated oil is inserted in the body through anus, it stays in the body for longer time without causing any problem

### Procedure

- Ask the pt to lie on table in supine position.
- Give localized (adho bhaga – lower limb) abhyanga and Swedan.
- Take medicated oil, luke warm it on indirect heat, put little saindhav lavana in it, fill it in basti yantra or in syringe (quantity 60-90 ml).
- Ask the patient to lie in left lateral position, place left hand under head, fold left leg and keep right leg straight.
- Greece the catheter and ano-rectal region with oil, carefully insert the catheter 2 -3 cm and slowly insert the oil in both.
- Now carefully remove the catheter and tap the buttocks.
- Now ask pt to lie for 10-20 minutes.
- Now the patient can wake and can go.

Basti comes out within 9 hours of insertion. Acharya’s had said that if after 9 hours of insertion, basti doesn’t come out than also it doesn’t cause injury inside the body





## Benefits

- **Detoxification:** Basti therapy help to eliminate accumulated toxins and waste product from the body. It cleanses the colon, which is considered the seat of many diseases and promotes detoxification at deeper level.
- **Digestive Health:** This therapy helps to improvise digestion and digestive system related issues such as constipation, flatulence, bloating and indigestion. The medicated oil used in basti therapy helps to regulate bowel movements and promote healthy gastrointestinal system.
- **Hormonal Balance:** Ayurveda considers basti therapy as the main treatment for balancing the doshas, particularly vata doshas. By regulating vata dosha, it may help in maintaining hormonal balance and managing hormonal disorders.
- **Nervous system support:** Basti therapy have immediate effect on nervous system. It helps in reducing stress, anxiety and mental tension. It also enhances cognitive function and promote mental clarity.
- **Pain Relief:** The medicated oil comprises of anti- inflammatory, analgesics properties, making its beneficial for relieving pain. It is also beneficial in such conditions such as joint pain, muscle spasm, stiffness, backache, arthritis.
- **Rejuvenation:** Basti therapy is considered as ardha chikitsa (Half treatment). It is one of the rejuvenation process. It nourishes body tissues and promotes cellular regeneration, leading to improvise vitality, energy and overall well being.

## Appendix

- **Improved Sleep:** Basti therapy have calming effect on the body and mind, helps to improve better sleep quality. It is also useful in insomnia and sleep related problems.

### Indications

- Those who are weak due to excessive exercises.
- Those who are debilitated due to excessive work
- Those who are debilitated due to uplifting heavy weights
- Those who are debilitated due to excessive travelling
- Those who are debilitated due to excessive indulgence in sexual intercourse
- People who are suffering from diseases that is caused die to vata disorder.

### ContraIndications

1. Empty stomach
2. Indigestion
3. Goitre
4. Nasal blockage
5. Poisoning
6. Acute fever
7. Anaemia
8. Diarrhoea
9. Weakness
10. Splenomegaly
11. Coryza

## Nasyam with Dhoompana



\*

- Nasyam is the most important therapy as it is advised for the treatment of urdhvajatrugata roga (Diseases above neck).
- Nasya karma is a therapeutic measure where the medicated oil, kwath, swarsa, *choorna* etc are administered through nose to eliminate the vitiated *dosha* situated in *shira* for the treatment of *urdhavjatrugata vikaras*.

### Time schedule for different seasons:

Ritu	Time of Nasyam
Grishma	Before noon
Sheeta	Noon
Varsha	Day should be clear

### Procedure

- Advise patient to lie down in supine position on Nasya table.
- Massage with luke warm oil on neck, face and head.
- Then give localized steam.
- Head should be “Pralambita”. It should not be excessively flexed or extended.
- If the head is not lowered, the nasal medication may not reach to the desired target and if it is not lowered too much, there may be danger of the medicines lodged in brain.
- After this take medicated oil (Luke warm (38°C)) used for nasya and put the drops on each nostril as advised. Spit out the cough and saliva.
- After the procedure, give dhoompana with dhoomvarti.

## Appendix

- Advise the patient to remain relaxed while taking nasya and dhoompana. The patient should avoid speech, anger, sneezing, laughing and shaking of head.

### Duration

- 7, 14 and 21 days

### Indications

1. Disease of head, eyes, mouth, ear, throat
2. Alopecia
3. Loose tooth
4. Respiratory tract infection
5. Frozen shoulder
6. Migraine
7. Headache
8. Sinusitis
9. Rhinitis
10. Difficulty in speech
11. Toothache
12. Goitre

### Contraindications

1. Indigestion
2. Just after meals and on cloudy day
3. Consumed alcohol
4. Head bath
5. Hunger
6. Fatigue due to alcohol and coitus
7. Pregnant
8. Acute rhinitis

### Raw Drug used for Nasyam

1. Apamarg
2. Pippali
3. Maricha
4. Vidanga
5. Shigru
6. Sarshapa
7. Ela
8. Shunthi
9. Daruhridra

### Medication used for Nasya

1. Ksheerbala Taila
2. Panchgavya Ghrita
3. Brahmi Taila
4. Shadbindu Taila

## Nitya Virechana

*Virechana* is one among the five *karma* in Panchkarma and is the ideal and best treatment for the elimination of pitta dosha (fire) and to some extent other two doshas also.

Expelling doshas (toxins) through *adhobhaga* [*guda marga* (anal region)] is known as Virechana.

Medicine is administered orally which act on internally situated doshas (toxins), specifically on pitta dosha and expels them out of body through anal route.

### Procedure

- Ask the patient to take virechana medicine in the night after 2 hour interval of dinner.

OR

- Ask patient to take virechana aushadhi early empty stomach with luke warm water.

### Benefits

- Flushes out the toxins and excess mucus from the small intestine, this helping in improving digestion.
- Relieves many gastrointestinal disorders.
- Mainly effective in skin disorder.
- Acts as laxative

### Indications

- |                 |                 |
|-----------------|-----------------|
| 1. Constipation | 5. Blisters     |
| 2. Abscess      | 6. Anaemia      |
| 3. Diabetes     | 7. Dysuria      |
| 4. Splenomegaly | 8. Skin disease |

### Contraindication

- |                     |                        |
|---------------------|------------------------|
| 1. Acute fever      | 4. Bleeding per rectum |
| 2. Ulcers in rectum | 5. Diarrhoea           |
| 3. Emaciated person | 6. Indigestion         |

## Parisheka



\*

Parisheka means showering, sprinkling, spraying. It a type of sudation therapy.

- Also called seka, dhara, pizhichil.
- It can be done locally or on whole body.
- It is a procedure in which medicated oil, decoction is stream poured or sprinkled over afflicted part maintaining a constant and uninterrupted flow from a certain fixed height.

### Material Required

Any of the following drug prescribed according to disease:

- *Dashmoola, Balamoola, Erandmoola, Trinpanchmoola, Triphala, Panchvalkal*
- Water or oil
- *Kumbhi*
- Induction
- Utensil

### Procedure

- Ask the patient to lie down in supine position.
- Take the medicated decoction, oil (40-42°C) as prescribed.
- Pour the liquid on whole body with the help of *kumbhi* or *varshulika* from uniform height (12 *angula* = 18 cm approx.)

by dividing the body into section. Two masseurs are required to perform this therapy.

- Continuity should be maintained throughout the procedure.
- Uniform temperature is required.
- Repeat procedure in prone position also.

### Duration

- 40-50 minutes for 7-10 days

### Benefits

- Relieves pain, stiffness and swelling associated with arthritis and other painful condition and improves movement and flexibility of joints
- Rejuvenates and energizes the body and it also delays ageing
- Prevents muscle wasting
- Causes swelling and bring out lightness in the body
- Soothes the nerve and improve blood circulation
- Relaxes and rejuvenates mind and sense organ

### Indications

1. Osteoarthritis
2. Backpain
3. Rheumatoid Arthritis
4. Pain due to trauma
5. Paralysis
6. Frozen shoulder
7. Ankylosing spondylitis
8. Stiffness in body
9. Fibromyalgia
10. Spinal stenosis

### ContraIndications

- Fever, Old age, Pregnant ladies

## Pristha Basti



- *Pristha*- means 'whole back region from cervical to lumbar region'
- Basti means 'to hold on.'
- It is a procedure in which oil is retained in a chamber/ compartment constructed on spinal region

### Procedure

- Ask the patient to lie on table in prone position.
- Make a dough of black gram flour and make few smaller circular rings and place them on spinal region with the help of warm water.
- Prescribed medicated oil is heated (42-43°C) on indirect heat.
- Pour the oil in all chambers/compartment.
- Replace the oil with warm oil when it gets cooled.
- Repeat the procedure for 30-40 minutes.
- Remove the compartment and do massage so that oil completely get absorbed in the skin.
- Give localized steam.
- Clean it with soft clean cloth.

### Duration

- 30-40 minutes for 7 to 14 days

### Benefits

- Improves blood circulation in the entire spine and receives numbness.
- Reduces pain and inflammation in the entire spine and maintain curvature of spine.



- Releases paraspinal muscle tightness and spasm.
- Nourishes and strengthens bones, connective tissue, ligaments and nerves.
- Reduces the radiating pain to the vertebral column.

### Indications

1. Osteoporosis
2. Slip disc
3. Spinal fracture
4. Disc prolapse
5. Backache
6. Compressed disc and spinal nerves
7. Ankylosing spondylitis
8. Degenerative spinal changes disc
9. Spinal stenosis
10. Post traumatic conditions

### Oil that can be used

- Kottamchukadi Taila
- Balaswgandhadhi Taila
- Mahamash Taila
- Mahanarayan Taila
- Sehcharadi Taila

## Prishtha Pichu

---



\*

*Prishtha* means “Spine” and *pichu* means “cotton swab”. This therapy is performed on spinal region. This therapy is very effective in spine and vertebrae related problems and give high relief in pain, stiffness, swelling, bending issue.

## Patra Pottli Swedan (PPS)

*Patra pottli Swedan* also called *elakizhi*. *Patra Pottli* comprised of two words “*Patra*” means “leaves” and “*Pottli*” means “bundle”. *Patra Pottli Swedan* refers to the sudation performed by specially prepared bundle of medicinal leaves. It is one of the *Swedan* in which we use leaves of medicinal plants obtain from nature for external treatment, to heal pain and strengthen and rejuvenate joints, muscles and tissues.

### Preparation of Pottli

- Collection of all medicated herbal leaves (*Arka, erand, dhatura, nirgundi, nimba, shigru* etc), lemon, oil, grated coconut
- Wash all the leaves.
- Cut it into small pieces.
- Now take oil in a pan and heat it. Put lemon, grated coconut and fresh leaves in a pan and heat it till grated coconut attains brown colour.
- Now take four square shape cloth piece and put that cooked leave mixture into it and tie them with cotton tag and form the bolus (*pottli*)
- Now again take pan and put oil into pan and heat the *pottli* in this.
- Now perform the procedure.



\*

### Procedure

- Ask the patient to wear copin and lie down on procedure table in supine position.

## Appendix

- Now take warm patra pottli and check the temperature on dorsum side of hand.
- Now do pottli massage upwards and downwards on body and in circular motion on joints.
- Perform the procedure in 7 different positions, for 5 to 10 minutes in each position.
- After completion of procedure, give gentle massage on full body till oil gets absorbs.
- Now after completion, clean the body with cloth.
- Ask the patient not to go in direct air and cold environment for 1-2 hours.

### Duration

- 45 minutes – 1 hour for 7 to 21 days.

### Benefits

- Relieves pain, swelling and stiffness associated with arthritis.
- Pacifies morbidity of vata, pitta, kapha in the afflicted joints, muscles and soft tissues.
- Causes sweating and bring out lightness in the body.
- Improves joint movement and blood circulation.

### Indications

1. Osteoarthritis
2. Lumbar spondylosis
3. Sciatica
4. Rheumatoid Arthritis
5. Spinal stenosis
6. Frozen shoulder
7. Spina bifida
8. Ankylosing spondylitis
9. Spondylolisthesis
10. IVDP
11. Hemiplegia
12. Bursitis

### ContraIndications

1. Acute fever
2. Haemorrhagic disorders
3. Diarrhoea
4. Eczema
5. Psoriasis

## Shiropichu



- *Shiropichu* is a procedure that is performed on head. *Shriopichu* is comprised of two words namely “*shiro*” means “head” and “*pichu*” means “sterile cotton swab”.
- It is a procedure in which a piece of cloth or gauze is folded and dipped in specific oil and kept on the anterior fontanelle (*Brahm randhra*)
- According to Ayurveda, the head is considered *uttamangam* (a prime organ of the body) and a major *marma* (energy point). The head is the location where all the *indriyas* (sense organs) are present. The application of oil to the head nourishes *prana vayu* (due to which we are surviving) and the *pancha indriyas* (Five sense).

### Material Required

Suitable oil: 50-100 ml, Cotton pad, Hot water, Soft towel, Rasnadi choorn, Attendant, Chair, Bowel

### Procedure

- Take a gauze (*pichu*) piece and fold it.
- Now take medicated oil and warm it on indirect heat (temp. 39-40 °C)
- Now put the folded gauze in warm oil.
- Place the gauze on center of head i.e. Anterior Fontanelle (*Brahm randhra*).
- Repeat the procedure 3-4 times for 30 minutes.
- After removal of gauze (*pichu*), give head massage to patient for 10-15 minutes.

## Appendix

- Apply rasnadi choorn on the vertex.
- Ask the patient to sit erect on chair.

## Duration

- 30-40 minutes for 7-14 days or whenever required

## Benefits

- Supports healthy hair and premature greying.
- Helps in neurological, psychological disorders.
- Help in improvising sleep.
- Restore memory.
- Headache.
- Supports healthy vision and healthy scalp.
- Relieve stress and keep mind calm.
- Helps in eye stiffness.
- Nourish sense organ so that they can perform their activity well.

## Indications

1. Hair fall
2. Itching
3. Dandruff
4. Skin crackling
5. Insomnia
6. Paralysis
7. Hypertension
8. Diseases of eye

## Oil used for Shiropichu

- *Ksheerbala taila, Mahanarayan Taila: Pakshaghata* (Paralysis of one side)
- *Karpasasthyadi Taila: Ardita* (Bell's Palsy)
- *Brahmi Taila: Stress, Insomnia*

## Thalam



Thalam is an Ayurvedic therapy in which the individual's head will be covered with herbal paste being prepared from dry herbs, water or decoction and oil.

It helps in nourishing the brain cells to prevent brain cell damage thus reducing the mental problems. In this process, a medicated paste is applied on the top of head and left for about 20 minutes

### Duration

- 30-40 minutes for 7-14 days

### Benefits

- Improve brain function and relieve mind
- Improve memory and concentration power
- Clears nasal passage and also enhance vision.
- Helps in soothing ear and throat passage
- Relieves scalp problem and skin irritation

### Indications

- |   |                  |
|---|------------------|
| 1. Mental abnormalities                   | 5. Dandruf       |
| 2. Neurotic illness (anxiety, depression) | 6. Sinusitis     |
| 3. Migraine                               | 7. Cervical pain |
| 4. Insomnia                               | 8. Skin disorder |

## Udhvartanam



\*

The procedure of massaging the whole body below the neck in a direction opposite to the orientation of hair with some pressure is called Udhvartanam. It is a type of a abhyangam in which medicated herbal powder are used for massaging.

### Types of Udhvartanam:

1. **Snigdha Udhvartanam:** Snigdha means with Sneha. In this procedure, the powder is mixed with oil and massage is done in reverse direction to hair.
2. **Rooksha Udhvartanam:** Rooksha means dry. In this udhvartanam, dry powder is directly rubbed (massaged) over the body in upward direction. Rooksha Udhvartana may cause complications like small skin abrasions or skin damage especially when done in people with sensitive skin or dry skin.

### Procedure

- **Pre-Procedure:** The best time for udhvartanam is morning (5am -9am), after patient clears his bowel and bladder & the patient can be taken for udhvartanam before bath. Get all the things ready required for procedure.
- **Main Procedure:** The patient is asked to wear copin. The patient is than allowed to lie on table in supine position. There are 7 positions of massage.



- Patient is advised to lie down in supine position and udvartanam is done on the anterior part of the body.
- Second position is the left lateral position and Udvartanam is done on right lateral aspect of the body.
- Third position is the prone position in which, posterior part of the body is treated with Udvartanam.
- At last, patient is advised to take right lateral position and udvartanam is carried out in left lateral aspect of body. Udvartanam is done on each part of the body below the neck by exerting some pressure.
- **Post Procedure:** Patient is asked to take 15 – 30 minutes rest and can take bath after 1 hour of therapy. Exposure to direct wind, cold water, cold environment is restricted.

### Duration

- 40-45 minutes for 7 to 14 days

### Benefits

- Provide stability to body parts.
- Liquifies the stagnant morbid fat and rejuvenates the skin and bring freshness in it.
- Alleviates itching and heaviness in body.
- Open up the block channels, blocked blood vessels and transport system of the body and enable free circulation of nutrients and essentials in the body.
- Stabilizes the agni present in skin which is responsible for skin immunity to provide good color and complexion.

### Indications

1. Obesity
2. High cholesterol and triglycerides
3. Muscular weakness
4. Metabolic syndrome
5. Diabetes
6. PCOS
7. Excessive sleep
8. Diabetic neuropathy (numbness and pain in legs and feet)
9. Excessive drowsiness
10. Rheumatoid Arthritis

### ContraIndications

1. Burning sensation
2. Osteoporosis
3. Oozing pus like eczema, psoriasis
4. Old age
5. Emaciation
6. Fever
7. Thin lined

### Drug choice according to disease

Drug Choice	Diseases
Shaileyadi Choornam	Obesity
Khadir, Amaltas, Nimba, Guduchi, Karanja choornam	Skin disease
Usheer, Musta, Chandan choornam	Excessive sweating
Triphala choornam	Obesity, skin disease
Nalpamaradi choornam	Fungal infections, diabetes mellitus associated with itching.
Kulatthadi Choornam	Subcutaneous fat and excessive sweating
Kolkulattadi Churna	Obesity, neurological conditions

## Yoni Prakshalan

*Yoni* – means vaginal canal/birth canal/female genital area

*Prakshalan* – Douching (cleaning/washing)

Yoni prakshalan is an ayurvedic therapy of cleaning vaginal area with medicated oils/herbal decoction.

### Duration

- 15-30 min

### Procedure

- Patient is made to sit in the tub filled with the decoction or oil for 15-30 min.
- A luke warm medicated decoction is taken in a container and put them on hands repetitively and then wash the genital vaginal region internal and external.

OR

- Syringe or vaginal douching equipment can be taken and fill it with medicated decoction and insert slightly and then wash vaginal area.

### Benefits

- Treatment prescribed to alleviate gynaecological disorders, treat inflammation, erosions, infertility and provide strength to vaginal muscles.

### Indications

1. Leucorrhoea
2. Vaginal itching
3. Fungal infection
4. UTI

## Yoni Pichu

---

*Yoni* – Vagina/female genital area

*Pichu* – sterile cotton swab dipped in oil/medicine.

Sterile cotton swab is used and placed in birth canal/vagina for certain time is known as Yoni Pichu.

### Procedure

Sterile cotton swab about the size of first distal phalanges and dipped in warm oil – not too hot, that is placed in vagina.

### Benefits

- It acts as Snehana (oleation), Lekhana (scraping of toxins)-prevention of infection; Vrana Ropana (wound healing), Vedahara (reduce pain and inflammation).
- Promotes pregnancy
- Vata balance – hollow organ so if we use oil vata gets pacify and tone the vaginal muscles.
- Promotes overall health.
- Reduces dryness in vagina.
- Used as lubricant also.

### Indications

1. Abortion
2. Vaginal infection
3. Burning and itching in vagina
4. Leucorrhoea
5. Primary infertility

### Duration

- 2-3 times a week, after menstruation we can start under guidance
- At night – full night also.

### Oil to be used in this therapy

- Jatyadi taila
- Sahacharadi taila
- Dhanwantaram taila
- Ksheerabala taila

# 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

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 bedsheet and mats, one can be grounded even while sleeping & sitting at home.

Buy online at: [www.biswaroop.com/shop](http://www.biswaroop.com/shop)

**Dynamic Memory Pvt. Ltd.**

413A, 1st Floor, Sector-68, HSIDC, IMT, Faridabad-121004 (Haryana)

E-mail: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

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

**Read/Subscribe**

# Fortnightly Digital Magazine



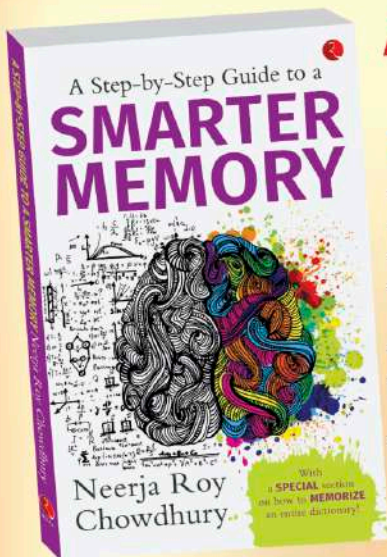
Chief Editor: Prof. Ainapur Purushottam

To read, go to:

[www.biswaroop.com/biswas](http://www.biswaroop.com/biswas)

You don't need medication,  
you just need education

# Books by Neerja Roy Chowdhury



## A step by Step Guide to a Smarter Memory

This book will show you how to:

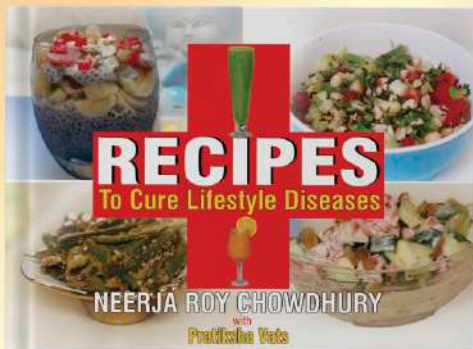
- Memorize a dictionary
- Never forget any appointment
- Recall every formula correctly
- Remember the shopping lists, birthdays and anniversaries etc.
- Overcome absent mindedness
- Memory techniques to achieve career goals
- Secure better marks in every exam

Price: ₹ 195/-  
(Courier charges extra)

## Collection of 'Life Saving Recipes'

Available in  
Hindi / English

Price: ₹ 450/-  
(Courier charges extra)



Place your order at:

**Dynamic Memory Pvt. Ltd.**

413A, Sec-68, IMT, Faridabad-121004 (Haryana) -India

Mobile No.:+91-9312286540,

E-mail: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

Log on to [www.biswaroop.com/shop](http://www.biswaroop.com/shop) to buy products

# देश का सरदर्द करे दूर

## 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 'देश का सरदर्द करे दूर'  
'Relieving Nation's Headache'



A Dr. BRC Product

To buy, go to  
[www.biswaroop.com/shop](http://www.biswaroop.com/shop)



# 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)

### 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/-**  
(Including Courier charges)

**You may place your order at:**

**Dynamic Memory Pvt. Ltd.**

**413A, Sec-68,1st Floor, IMT,  
Faridabad-121004 (Haryana) -India**

**Mobile No.:+91-9312286540,**

**E-mail: biswaroop@biswaroop.com**

**Log on to [www.biswaroop.com/shop](http://www.biswaroop.com/shop)  
to buy products**

# Emergency Management of Influenza/Flu

## Be a Certified "ILI Educator" from Shridhar University

**Overview:** This training will equip the learners with the knowledge of using food as medicine for the prevention, management & cure of the Flu/Influenza like illness. The training includes emergency drugless management of high fever and prone ventilation for reversing breathlessness.

**Duration:** 1 month

### **Content:**

- What is Influenza Like Illness (ILI)
- Diagnosis of ILI
- History and Chemistry of Flu Viruses
- Three Step Diet to cure ILI
- Caring for ILI Patients
- Practice and hands on training on real patients (under the supervision of Dr. Biswaroop Roy Chowdhury and his medical team)



**Course Fee:** INR 11,800/- (including GST)

**Mode of Training:** Online / Video tutorials / Zoom Meeting

To register go to [www.biswaroop.com/ie](http://www.biswaroop.com/ie)

CALL US: +91-9312286540 MAIL US: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

## Its time to be N.I.C.E



# 3 Months Online Certification on Advance Nutrition Therapy from Lincoln University College, Malaysia

**Overview:** From common cold to Cancer, from headache to heart attack, you can be your own healer. This training comes with a unique tool kit packed with 28 ingredients, the right combination of it can work as a medicine for more than 60 kinds of common illnesses. This training will empower you with skills to heal and make you realize that your home is the best place to reclaim your health.

**Duration:** 3 Months

## Content:

- Diagnosis of Lifestyle Illnesses
- Diagnosis of Infectious Diseases
- Food–Medicine Interaction
- 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

**To register go to [www.biswaroop.com/mn](http://www.biswaroop.com/mn)**

**CALL US: +91-9312286540 MAIL US: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)**

One Month Online Certification Training  
on

# Zero Volt Therapy (Earth Therapy)

Certification partner:



## 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**

To register go to: [www.biswaroop.com/zvt](http://www.biswaroop.com/zvt)

For more detail:

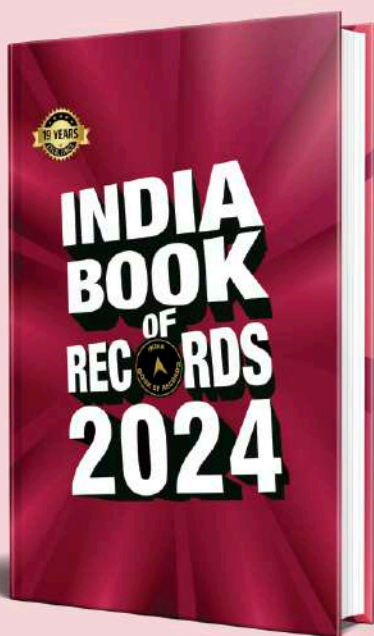
Mail us: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

Call & WhatsApp us: **+91-9312286540**

*Extraordinary Feats...*



*...Extraordinary People*



**For making or breaking a record  
go to [www.indiabookofrecords.in/apply](http://www.indiabookofrecords.in/apply)**

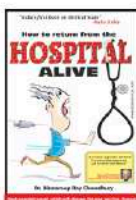


413A, Sector-68, IMT, Faridabad-121004, Haryana, India  
Mob.: +91-9999436779, E-mail: [ibr@indiabookofrecords.in](mailto:ibr@indiabookofrecords.in)  
Website: [www.indiabookofrecords.in](http://www.indiabookofrecords.in)

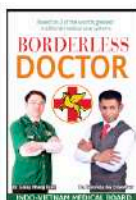
# Books by Dr. Biswaroop Roy Chowdhury



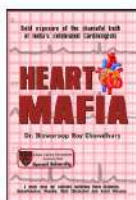
Price: ₹ 290/-  
(Courier charges extra)



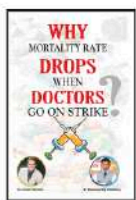
Price: ₹ 99/-  
(Courier charges extra)



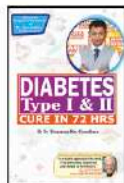
Price: ₹ 100/-  
(Courier charges extra)



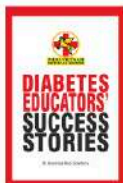
Price: ₹ 100/-  
(Courier charges extra)



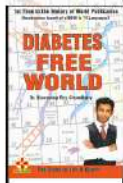
Price: ₹ 200/-  
(Courier charges extra)



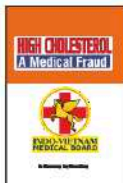
Price: ₹ 199/-  
(Courier charges extra)



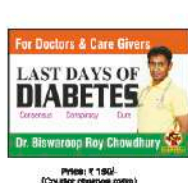
Price: ₹ 199/-  
(Courier charges extra)



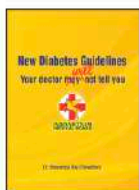
Price: ₹ 100/-  
(Courier charges extra)



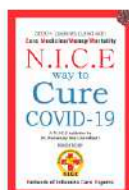
Price: ₹ 100/-  
(Courier charges extra)



Price: ₹ 199/-  
(Courier charges extra)



Price: ₹ 100/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)



Price: ₹ 100/-  
(Courier charges extra)



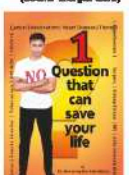
Price: ₹ 170/-  
(Courier charges extra)



Price: ₹ 100/-  
(Courier charges extra)



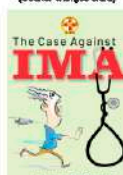
Price: ₹ 170/-  
(Courier charges extra)



Price: ₹ 170/-  
(Courier charges extra)



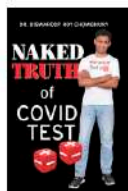
Price: ₹ 100/-  
(Courier charges extra)



Price: ₹ 100/-  
(Courier charges extra)



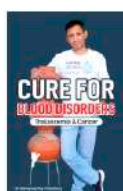
Price: ₹ 220/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)



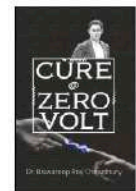
Price: ₹ 100/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)



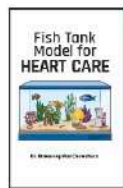
Price: ₹ 200/-  
(Courier charges extra)



Price: ₹ 170/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)



Price: ₹ 200/-  
(Courier charges extra)

Buy online at: [www.biswaroop.com/shop](http://www.biswaroop.com/shop)

**Dynamic Memory Pvt. Ltd.**

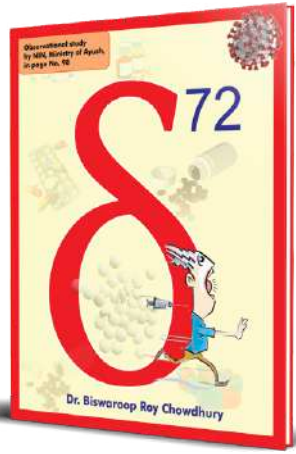
413A, Sec-68, IIT, Faridabad - 121004 (Haryana)-India

Mob.: +91-9312286540

E-mail: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

(Available in Hindi/English, in leading online stores)

Delta ( $\delta$ ) 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 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         |

**SPECIAL ATTRACTIONS/**  
**Bypass Kidney / Liver transplant**  
**&**  
**get freedom from dialysis with**

**To register, go to [www.biswaroop.com/epm](http://www.biswaroop.com/epm)**

# 3 Days Residential

# CURE @ 72hrs Program



Call/Whatsapp:  
**+91-7827710735**

Hot Water Immersion

Panch Karma

Living Water

Light Therapy

For more details, go to



# Camp with Dr. BRC

Asia's Biggest (1000 Bedded)  
Integrated Medicine Hospital



Venue: HIIMS-NCR Meerut

Diabetes

High B.P.

Heart Disease

Joint/Body Pains

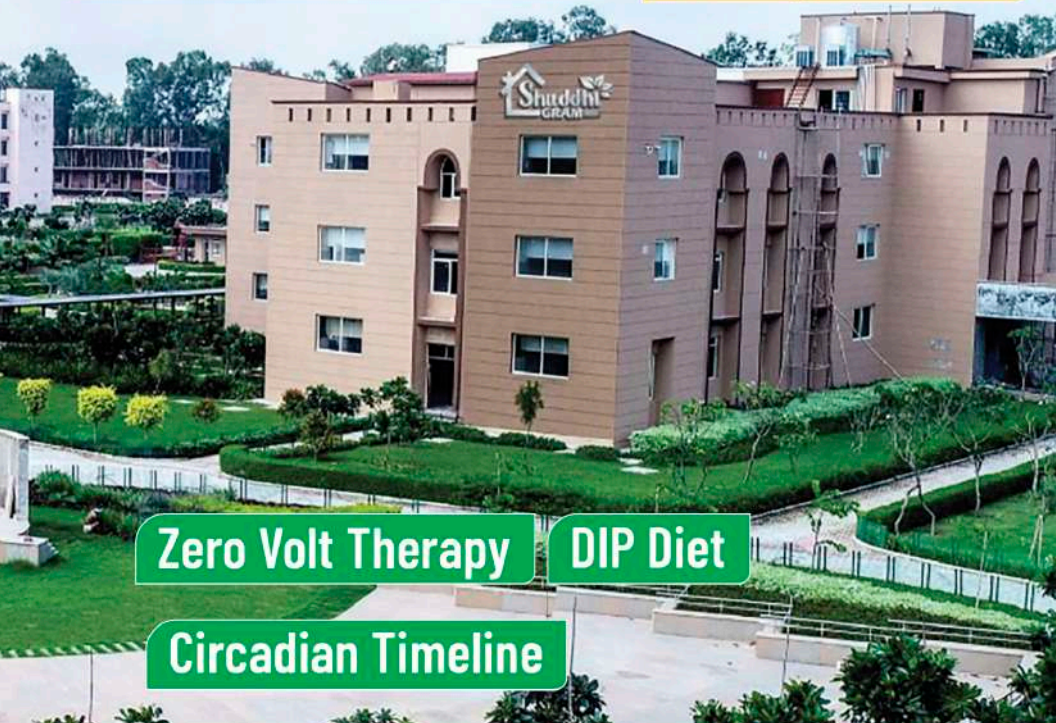
Obesity

Swelling

Parkinson

Low Immunity

Constipation



Zero Volt Therapy

DIP Diet

Circadian Timeline

[www.biswaroop.com/72hrs](http://www.biswaroop.com/72hrs)



Dr. BRC in association with  
presents

# Handling Emergency & Life with Panchkarma Professional Certification Course

**Introduction:** This course can be considered as an advance training for the students who have successfully completed are Circadian Clock & Ayurvedic Panchkarma (CCAP) dual certification course. This training is based on Ayurvedic Panchkarma principles and aims at equipping the students with techniques to handle common emergency situations among the patient of chronic illness.

**Total Duration:** 2 Months

## Mode of Training:

- Once in a week - Online Classes.
- 7 days contact hands on training at Dayanand Ayurvedic College, Jalandhar

## Content:

- Vaso Stimulation Therapy for pain relief.
- Science of 2nd Heart to manage blood pressure and blood sugar.
- Emergency management with panchkarma.
- Evidence base of ayurvedic panchkarma.
- Practical methods of preparation of medicine and oil for therapeutic purposes.

To register go to [www.biswaroop.com/help](http://www.biswaroop.com/help)

CALL US: +91-9312286540 MAIL US: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)



# Professional Certification Course in Circadian Clock & Ayurvedic Panchkarma (CCAP)

## Dual Certification

**Introduction:** First ever training on the modern understanding on the noble prize winning science (2017) of circadian clock with the amalgamation of the ancient wisdom of Ayurvedic Panchkarma Therapies, to help humanity come out of the trap of modern life style diseases.

**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:

- 22 Therapies of Ayurvedic Panchkarma
- Science of Circadian clock
- Circadian Clock and disease connection
- Preparing customized circadian chart
- Cancer – Tumour, its progression and regression
- Practical case studies

To register go to [www.biswaroop.com/ccap](http://www.biswaroop.com/ccap)

CALL US: +91-9312286540 MAIL US: [biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

**Gandoosh / Kawal**  
*Drugs:* Irimedadi Taila, Panchwalkal  
*Temp:* Luke Warm (38-39° C)  
*Duration:* 10 - 15 Minutes  
• Mouth Ulceration • Excessive Salivation • Toothache  
• Throat Pain • Throat Dryness • Bleeding Gums

**Karanpoorana**  
*Drugs:* Bilwa Taila, Nirgundi Taila  
*Temp:* Luke Warm (38-39° C)  
*Duration:* 30 Minutes  
• Hearing Problem • Secretion From Ear • Earache  
• Ear Wax Blockage • Tinnitus

**Hridya Basti / Hridya Pichu**  
*Drugs:* Dhanwantram Taila, Arjun Taila  
*Temp:* 40 - 41° C  
*Duration:* 30 Minutes  
• Chest Region Pain • Congestion in Chest Region  
• Palpitation • CAD (Coronary Artery Disease)  
• Respiratory Problem • Low Ejection Fraction

**Uroh Basti / Uroh Pichu**  
*Drugs:* Dhanwantram Taila, Mahanarayan Taila  
*Temp:* 40 - 41° C  
*Duration:* 30 - 40 Minutes  
• Respiratory Problem • Pain in Chest Region • Pain in Thoracic Region • Congestion in Chest Region  
• Palpitation

**Thalam**  
*Drugs:* Powder of Rasna, Triphala, Brahmi, Bhringraj, Amla (any one or all) + Taila  
*Temp:* 39 - 40° C  
*Duration:* 20-30 Minutes  
• Depression • Insomnia • Headache

**Shiropichu**  
*Drugs:* Brahmi Taila, Ksheerbala Taila  
*Temp:* 39 - 40° C  
*Duration:* 30 Minutes  
• Headache • Heaviness in Head • Dandruff • Insomnia  
• Neurological Disorders • Hypertension

**Akshitarpan**  
*Drugs:* Mahatriphaladi Ghrita, Triphala Kwath, Jeevantayadi Ghritam  
*Temp:* Luke Warm (38° C)  
*Duration:* 20 - 30 Minutes  
• Decreased Vision • Blurred Vision • Deviated Eye  
• Dryness in Eyes • Redness in Eyes • Lacrimation

**Nasyam**  
*Drugs:* Ksheerbala Taila, Shadbindu Taila  
*Temp:* Luke Warm (38° C)  
*Duration:* 20 - 30 Minutes  
• Excessive Sneezing • Allergic Rhinitis  
• Migraine • Stiffness in Shoulder • Pain in Sense Organ (Eye, Ear, Nose, Tongue)

**Nabhi Basti / Nabhi Pichu**  
*Drugs:* Tila Taila, Triphala Taila, Dhanwantram Taila  
*Temp:* 40 - 41° C  
*Duration:* 30 Minutes  
• Indigestion • Constipation • Abdominal Pain • Intestinal Dryness • Gastritis  
• Irritable Bowel Syndrome

**Janu Basti / Janu Pichu**  
*Drugs:* Murivenna, Mahanarayan Taila, Mahamasha Taila Dhanwantram Taila, Kottamchukkadi Taila  
*Temp:* 41 - 42° C  
*Duration:* 30 - 40 Minutes  
• Knee Pain • Stiffness in Knees • Crepitus in Knees • Osteoarthritis • Rheumatoid Arthritis • Inflammation on Knees

**Padabhyanga**  
*Drugs:* Dhanwantram Taila, Mahamasha Taila, Kottamchukkadi Taila  
*Temp:* 39 - 40° C  
*Duration:* 20 - 30 Minutes  
• Feet Dryness • Crack Lines on Feet  
• Insomnia • Tingling Sensation on Feet  
• Numbness of Feet

**Spinal Basti / Merudanda Basti / Pristha Basti / Prishtha Pichu**  
*Drugs:* Mahamasha Taila, Mahanarayan Taila, Kottamchukkadi Taila  
*Temp:* 42 - 43° C  
*Duration:* 30 Minutes  
• Spinal Ache • Cervical Spondylitis • Stiffness on Spine • Difficulty in Sitting, Standing and Lying  
• Slip disc

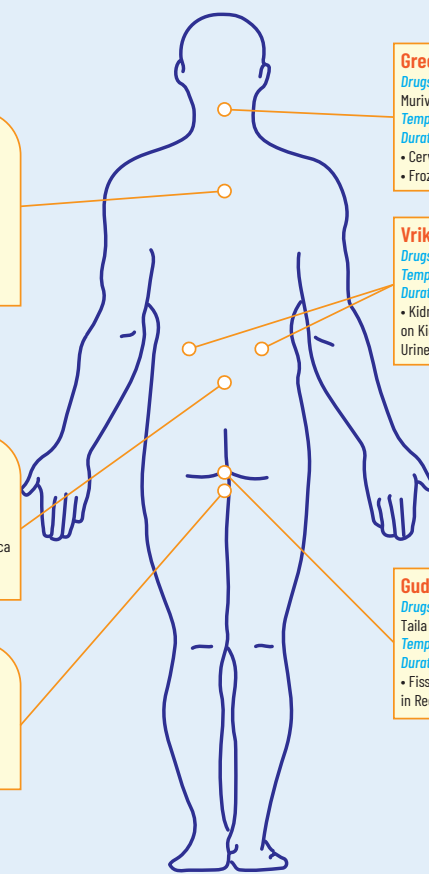
**Kati Basti / Kati Pichu**  
*Drugs:* Balaswagandhadhi Taila, Mahanarayan Taila, Kottamchukkadi Taila  
*Temp:* 42 - 43° C  
*Duration:* 30 Minutes  
• Lower Back Ache • Stiffness in Lower Back • Sciatica  
• Slip Disc • Ankylosing Spondylitis • Disc Prolapse  
• Pain in Coccyx (Tail Bone)

**Matra Basti**  
*Drugs:* Jatyadi Taila, Guduchyadi Taila, Dashmoola Taila, Sahachardi Taila  
*Temp:* Luke Warm  
*Duration:* Long time till patient can control the urge  
• Constipation • Indigestion • Thin Lined Person  
• Weakness

**Greeva Basti / Greeva Pichu**  
*Drugs:* Mahanarayan Taila, Dhanwantram Taila, Murivenna Taila  
*Temp:* 42 - 43° C  
*Duration:* 30 Minutes  
• Cervical Spondylitis • Neck Stiffness • Migraine  
• Frozen Shoulder • Vertigo • Spinal stenosis

**Vrikka Basti**  
*Drugs:* Kottamchukkadi Taila, Dhanwantram Taila  
*Temp:* 42 - 43° C  
*Duration:* 30-40 Minutes  
• Kidney Problem • Pain in Kidney Region • Stiffness on Kidney Site • Swelling on Kidney Site • Decrease Urine Output

**Guda Pichu**  
*Drugs:* Kasisadi Taila, Jatyadi Taila, Sahachardi Taila  
*Temp:* 39° C  
*Duration:* 1 hour  
• Fissure in Ano • Burning in Rectal Region • Pain in Rectal Region • Piles • Bleeding Per Rectum



To enroll in  
**Handling Emergency & Life with Panchkarma,**  
go to  
[www.biswaroop.com/help](http://www.biswaroop.com/help)

To enroll in CCAP, go to  
[www.biswaroop.com/ccap](http://www.biswaroop.com/ccap)

Dr. Biswaroop Roy Chowdhury has developed a protocol called the Circadian Chart, where he has integrated the modern evidence base of the Circadian Rhythm with the ancient wisdom of Ayurvedic Panchkarma to get a patient-centric outcome. This book explains the scientific bases of the Circadian Chart, and is a part of the Circadian Clock & Ayurvedic Panchkarma (CCAP) Dual Certification Course. This easy-to-understand book can help patients to prepare their own Circadian Chart and get rid of the Chronic and Lifestyle oriented diseases.

### About the Author

Dr. Biswaroop Roy Chowdhury is the creator of the Mathematical Model of nutrition, known as the DIP diet, which has been proven effective in diabetes, hypertension, obesity, bone diseases, and chronic kidney diseases through clinical trials in India (Ayush Ministry), Nepal (National Health Ministry), and Malaysia (Lincoln University). Furthermore, he is the inventor of the heat-based GRAD system based on the Law of Gravity, and to help patients in getting rid of their dependence on dialysis.

Dr. Biswaroop Roy Chowdhury, an engineering graduate, holds post-graduation in Diabetes and a prestigious PhD (Hon.) in Diabetes & Chronic Kidney Disease. With an impressive portfolio of 29 published books, he successfully oversees the HIIMS group of hospitals which actively engages in healthcare endeavours across India, Vietnam and Malaysia.

 **DIAMOND BOOKS**