

H.E.L.P.

Let Your 2nd Heart

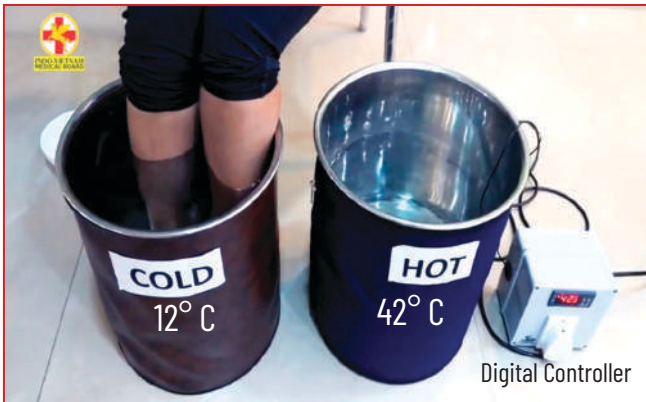
Dr. Biswaroop Roy Chowdhury

Despite my relentless search for a tailor with diabetes who uses a foot pedal sewing machine, I'm yet to find one. My observational study (see section-III) shows that tailors are the healthiest among us. This is because of their unique foot movements while operating sewing machines, which activate their calf muscles (also known as the second heart).



This book shares techniques to activate this 'Second Heart' for **H**andling **E**mergencies, **L**ifestyle diseases & **P**ain (H.E.L.P). It covers solutions for more than 20 major medical conditions, and I've named this collection of techniques 'The Vaso-Stimulation Therapy' or 'VST'. Importantly, to practice as a H.E.L.P. practitioner or to engage in VST, you don't need a sewing machine; just two buckets capable of maintaining water temperatures at 12° C and 42° C. These methods aim to achieve faster and more effective results in managing various health emergencies, such as instant fever control or providing relief to someone suffering from diabetic neuropathy. They also help steer clear of ineffective or harmful approaches used by the modern healthcare system, as detailed in my book "The Case Against IMA."

Vaso-Stimulation Therapy



You can start helping others by reading this book or take a professional route by becoming a H.E.L.P. Practitioner through our two-month online training, which includes seven days of practical hands-on training at Dayanand Ayurvedic College in Jalandhar.

For more information, visit www.biswaroop.com/help.

© Copyright Dr. Biswaroop Roy Chowdhury

India Office:
C/o India Book of Records
413A, HSIIDC, Sector-68,
IMT, Faridabad-121004,
Haryana, India
Ph.: +91-9312286540

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

Malaysia Office:
**C/o Bishwaroop International
Healing & Research**
PT 573, Lot 15077 Jalan Tuanku
Munawir,
70000 Negeri Sembilan, Malaysia
Tel: +6012-2116089

Switzerland Office:
C/o Nigel Kingsley
Kraftwerkstr. 95, ch-5465, Mellikon,
Switzerland
Tel: +41 79 222 2323

FOLLOW ME

Facebook: <https://www.facebook.com/drabiswarooproychowdhury>

YouTube: <https://www.youtube.com/@drabiswarooproychowdhury>

Twitter: https://twitter.com/drbrc_official

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

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

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

Email: biswaroop@biswaroop.com

Website: www.biswaroop.com

Video Channel: www.coronakaal.tv

Edition: January 2024

Research: Rachna Sharma

Graphics Designer: Swapan Banik

Video Transcription: Sanjana Bhowmick

Patient Co-ordination & Report Compilation: Kalpana Bourai, Dr. Sanju Khari

*The Ayurvedic aspect of H.E.L.P. is contributed by Dr. Anu Bhardwaj (BAMS, PGDIP)

Published by

 **DIAMOND BOOKS**

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

Ph: +011-40712100 email: sales@dpb.in website: www.diamondbook.in

Dedication

Dedicated to my angel daughter Ivy,
loving wife Neerja
&
caring parents
Shri Bikash Roy Chowdhury
Shrimati Lila Roy Chowdhury

Contents

Section-I

Chapter 1		
Discovering Your Second Heart		9
Chapter 2		
Unveiling the Power of Your Second Heart		12
Chapter 3		
The 2 nd Brain & the 3 rd Kidney		17
Chapter 4		
Vaso Stimulation Therapy: Leveraging Calf Muscles		24
Chapter 5		
Ayurvedic Perspective of Vaso Stimulation Therapy*		39

Section-II

Role of 2 nd Heart in Illness & Wellness	49
---	----

Section-III

Observational Study: Tailoring-the Healthist Profession	61
--	----

Section-IV

Cure for Incurable: Testimonials	71
----------------------------------	----

Section-V

Poster “How to Prevent Fainting in School Assembly?”	
--	--

Section-I

Chapter 1

Discovering Your Second Heart

This section has been taken from the lecture on “The Second Heart” on 30th November, 2023 at Siri Fort Auditorium, New Delhi.

Scan this QR code to watch the video



Understanding Problem Magnitude

All of you have been traveling or riding a bus, car, bike, scooter, etc.; at some point, you must have encountered a situation where your vehicle tire gets punctured. This punctured tire is a minor inconvenience to you. Because, in an accessible world, there's always a nearby solution—a puncture shop—that swiftly addresses the issue within half an hour or so at a very nominal charge. It's a momentary halt in your journey, which is quickly resolved.

Imagine a scenario or rule where only licensed professionals can fix a puncture. Small-time or roadside puncture shops are torn down and need a license to work. Even carrying a spare tire or stepney is rendered illegal. Furthermore, a handful of licensed high-end showrooms monopolize the repair. When a puncture happens, you must only contact these select showrooms. They'll dispatch a car ambulance, take your vehicle, and return it days later with a substantial bill.

In this context, a puncture evolves into a significant problem. Why? The solution seems distant and complex and comes at a high cost. Problem severity hinges on solution availability and its expense.

Consider a different scenario: a punctured tire in the heart of a jungle sans a spare tire. Suddenly, what seemed a simple issue turns into a life-threatening situation. You're stranded amidst wildlife with no solution in sight. A simple problem now magnifies due to

Section-I

the absence of a nearby remedy. How critical a problem is depends on how near or far the solution is, its easy availability, and its cost-effectiveness.

Relate this to our present medical situation. Conditions like sudden rise or dip in blood pressure, shooting up or very low sugar levels, unconsciousness, high-grade fever, angina pain, or a heart attack are portrayed as critical life-threatening problems. The solution to these medical conditions seems severe and complex to you. Why? The answer is, just like the example of roadside puncture shops that were taken off the roads or were torn down, according to the new rule, only high-end, professionally licensed showrooms can repair the tire.

Similarly, solutions to the aforementioned ailments are portrayed as highly specialised and can be undertaken only by licensed professionals. Fear is cultivated, leading people to believe only certified medical professionals who have undertaken five or seven years of a degree possess the means to cure them. Also, when anyone approaches them, their solution lies in a set of protocols that are not patient-centric but profit-centric. In other words, once you go to the allopathic doctor to resolve your health problems, there is no guarantee that the solution he recommended, will bring your health back.

Why am I emphasising this? Not only the above-mentioned medical conditions but various other health conditions like varicose veins, diabetes neuropathy, cancer pain, extreme weakness or fatigue, or high-grade fever, which are considered to be serious health issues in reality, have a very simple solution.

And that simple solution comes from understanding our ‘Second Heart’. Yes you read that right! The ‘Primary Heart’ that everyone knows about is located in the middle of the chest, slightly tilted toward the left, and the ‘Second Heart’, medically speaking, refers to your ‘Calf Muscles’.

Based on your understanding of the second heart, which can be accessed easily by anyone and, if utilized appropriately, can provide immediate relief in the above-mentioned severe health issues.

This book unveils the power of this ‘Second Heart’ and the simple remedies it offers for seemingly challenging diseases. It sheds light on solutions that have been conveniently concealed, allowing the medical business to prioritize profit over patient-centric care.

Chapter 2 delves into understanding the functionality of the calf muscles.

Conclusion

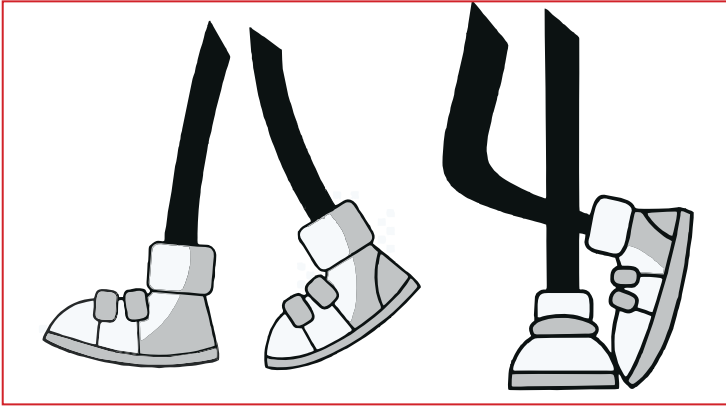
- **Parallel Realities:** Equates the body’s health issues to a car needing specialized attention. Highlights the hype created for specialized facilities for specific diseases and the concept of empowerment through health understanding.
- **Empowerment through Knowledge:** Compares learning basic car repair skills to understanding and managing one’s health. Advocates for self-empowerment in health management.
- **Understanding Magnitude:** Discusses the relative significance of health problems concerning their solutions and access to specialized care. Encourages self-empowerment in health management.
- **The Second Heart:** Draws parallels between a society with specialized professions and the body’s reliance on the calf muscles. Emphasizes the rarity of repairers and the intricate process required for fixing issues.

The chapter delves into the analogy of a ‘Second Heart’ residing within the calf muscles, akin to a hidden but essential component of overall health. It emphasizes the significance of understanding and caring for this unseen heart, drawing parallels between societal structures and the body’s reliance on specialized care.

Chapter 2

Unveiling the Power of Your Second Heart

The Role of the Calf Muscles in Emergencies



During an angina attack, accessing the heart directly is impossible. To manage such emergencies effectively, one must recognize that reaching the heart implies tapping into the body's second heart—the calf muscles.

These muscles play a pivotal role in mitigating the effects of an angina episode, offering a channel to indirectly regulate blood flow and ease the stress on the heart during critical moments. One can significantly aid in stabilizing the body's cardiovascular system during such challenging and time-sensitive situations through simple techniques like massaging or activating the calf muscles.

Understanding the Circulatory Struggle



Primary Heart



Second Heart (Calf muscles)



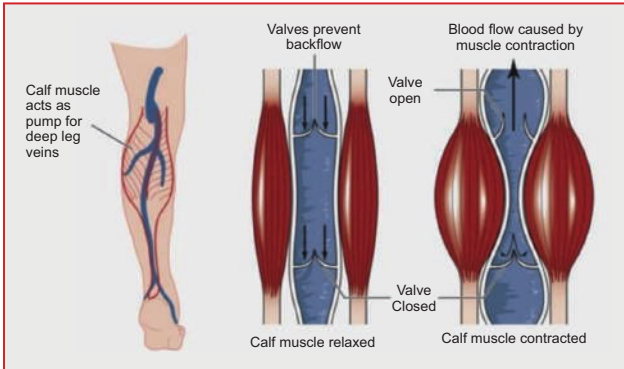
Understanding the Circulatory Struggle

In the human body, the heart faces the uphill task of pumping blood to reach the brain while gravity pulls blood downwards. This constant battle against gravity contributes to a higher prevalence of diseases than animals, whose hearts lie lower in their bodies.

Section-I

When the primary heart struggles to circulate blood adequately, the secondary heart, nestled in the calf muscles, steps in.

Activation of the Second Heart



Movement of the legs triggers the dilation and constriction of veins around the calf muscles, mimicking the heart's actions. This action facilitates the return of deoxygenated blood to the heart. When the heart's ejection fraction decreases, indicating weakness, the secondary heart in the calf muscles becomes pivotal. Continuous leg movement ensures the veins in the calves maintain a steady blood flow. Conversely, stationary sitting sidelines the second heart, only activating when movement resumes.

Mortality Prediction through Calf Muscle Health

2 nd Heart
Calf muscle pump function as a predictor of all cause mortality.
<i>Halkar M, Medina Inojosa J, Liedl D, Wysokinski W, Houghton DE, Wennberg PW, Lin G, Kane G, Fischer K, Rooke TW, Saadiq R, Bonikowske A, McBane RD 2nd. Calf muscle pump function as a predictor of all-cause mortality. Vasc Med. 2020 Dec;25(6):519-526. doi: 10.1177/1358863X20953212. Epub 2020 Sep 25. PMID: 32975489.</i>

Research suggests a correlation between calf muscle health and mortality rates. Inactivity of calf muscles during extended periods, like sitting for prolonged office hours, impacts the functioning of

the second heart. Animals seldom remain stationary, even when seated, unlike humans, who often maintain stillness, impacting the health and activation of their calf muscles.

Harnessing the Second Heart: Practical Applications

Understanding the significance of the second heart in managing chronic diseases and emergency conditions, such as high blood pressure or angina pain is important. Techniques rooted in ancient wisdom, particularly in Ayurveda, emphasize the connection between the two hearts. In instances of a heart attack, the method involves physically bringing the calf muscles closer to the primary heart by adopting specific postures like sitting with knees folded upright as shown in the image below.



Conclusion

- **The Role of Calf Muscles in Emergencies:** During critical health situations like angina attacks, understanding the role of the calf muscles becomes crucial, as they serve as a pathway to support the heart indirectly.
- **Understanding the Circulatory Struggle:** Explains how the heart's location in the body creates challenges due to gravity, leading to increased disease prevalence in humans compared to animals. The calf muscles act as a secondary heart, aiding in blood circulation, especially when the primary heart struggles.

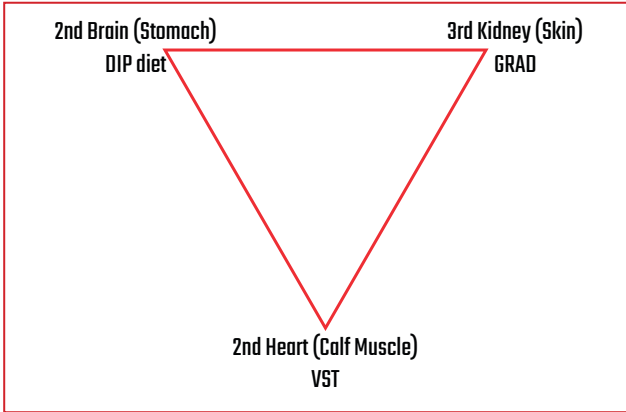
Section-I

- **Activation of the Second Heart:** Describes how leg movement triggers the calf muscles, mimicking the heart's actions and aiding in the return of deoxygenated blood to the heart. Inactivity impacts this secondary heart's function, emphasising the importance of movement for its effectiveness.
- **Mortality Prediction through Calf Health:** Research suggests a link between calf muscle health and mortality rates, particularly in cases of prolonged inactivity. This highlights the significance of maintaining calf muscle activity for overall health.
- **Harnessing the Second Heart: Practical Applications:** Techniques from ancient practices like Ayurveda highlight the connection between the two hearts, suggesting specific postures to activate the calf muscles during a heart attack.

Chapter 2 delves deep into the vital role of the 'Second Heart' within the calf muscles. It elucidates how understanding this secondary heart becomes pivotal during emergencies like angina attacks and emphasizes its role in aiding blood circulation when the primary heart faces challenges due to gravity. The chapter highlights the importance of movement for activating the second heart, correlates calf muscle health with mortality rates, and explores practical applications to harness this physiological resilience during critical health situations.

Chapter 3

The 2nd Brain & the 3rd Kidney



The Significance of the Second Brain

Our vital organs, hidden within our bodies, dictate our health. From lifestyle to mental and infectious diseases, these organs—like the brain, kidneys, and heart—play critical roles and aren't easily accessible.

Enter the 'Second Brain'—our stomach. A decade ago, I introduced the DIP diet, a regimen that significantly aids in curing conditions like high blood pressure, diabetes, obesity, and bone diseases. Over the last three years, clinical studies by institutions like the Ayush Ministry in India, Lincoln University in Malaysia, and the National Health Ministry of Nepal have clinically proven the remarkable benefits of the DIP diet in treating various lifestyle diseases.

Diet's Role in Healing

Understanding the stomach as our second brain unveils how it triggers healing. What we consume directly impacts the brain. Think about drinking alcohol, it makes you feel tipsy. Now, imagine your favourite food, and you'll start salivating.

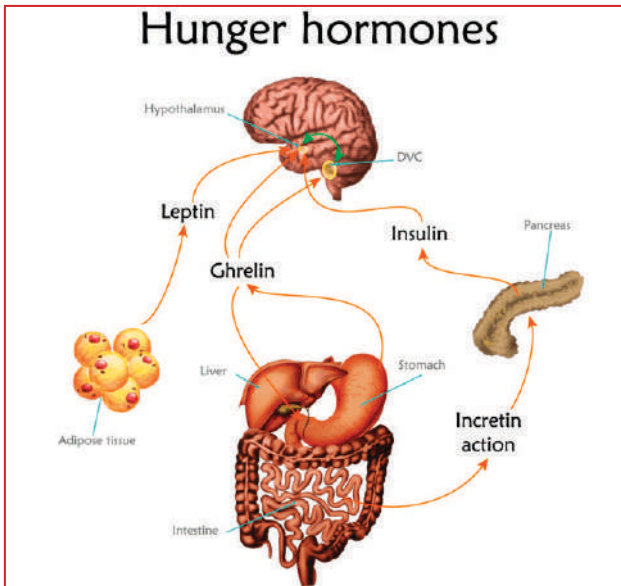
Section-I

Similarly, we experience stomach flutters or loose motions when nervous or anxious. This connection between our mental state and the stomach illustrates their close relationship.

The Brain-Stomach Connection

While accessing the brain directly might be impossible, reaching our stomach through food is effortless. Lifestyle diseases often stem from hormonal imbalances, a realm heavily influenced by the brain. Therefore, altering your diet—particularly embracing the DIP diet—can swiftly address these imbalances. In just three days, blood sugar normalises; within a week, blood pressure stabilises; within 15-20 days, weight decreases, and joint pain diminishes. It's a testament to the profound influence of our stomach as our second brain on our overall health.

The Stomach: The Second Brain




Above image delves into the connection between the gut and the brain, highlighting the stomach's influence as the 'Second Brain'.

Exploring the profound impact of food on brain function, it elucidates how the DIP diet utilizes the stomach's role to induce hormonal changes that aid in healing diseases.

Recognition of the DIP Diet


DIP Diet	
-----------------	--



Government of Nepal
Ministry of Health and Population

014336254
014334919

National Ayurveda Research and Training Centre
Kirtipur, Kathmandu, Nepal



Ref. No.: 51-2080/081

Date: 11th September, 2023

To,

Dr. Biswaroop Roy Chowdhury
India

Subject: Research Conclusion


Respected Sir,

Greetings from NARTC!


Our study *Effect of plant-based diet (DIP Diet) and GK3 Kasaya (decoction) in Madhumeha (type 2 diabetes mellitus)* is a randomized clinical trial and the first integrated approach of plant-based diet and ayurvedic medicines in context of Nepal. Each participant was admitted initially at NARTC hospital and thus, they were accessibility to close monitoring during their wash-out period for 7 days. During 7 days stay at hospital, the participants did not develop any complication and their fasting and random glucose levels did not sharply increase despite withdrawal of conventional medicines. Thus, it might have created good psychological impact in the participants resulting to excellence compliance of the study participants. In regards to GK3 (Guduchi, Kutaki, Kakamachi and Khadira) decoction, previous studies have shown anti-diabetic effect mostly in animal model for each ingredient. So, we could not justify there were synergistic or antagonistic combined form of the herbs and there might be possible chance of drug-drug interaction. We did not perform any pre-clinical studies in GK3 decoction before the clinical trial. The formulation is only based on clinical practice by Ayurveda experts.

We observed significant reductions in HbA1c levels with both the plant-based diet (DIP Diet) with GK3 decoction group and convention diet group. However, the plant-based diet (DIP Diet) appeared to be more effective for glycemic control among T2DM patients compared to the conventional diet. Our effective plant-based diet (DIP Diet) approach can be applied for T2DM patients.


Thanks & Warm Regards.


Rita Gautam
Section Officer

Section-I

**NEO WELLNESS**
A PLACE TO RESET
YOUR MIND, BODY & SOUL

KUMPULAN PERUBATAN NEO WELLNESS SDN BHD
KLINIK DR. AB AZIZ AL-SAFI
PT811, Wisma Neo Deqam, Jalan Pasir Puteh,
Kg Chicha Kubang Kerian, 16150 Kota Bharu Kelantan.
Phone: 09-765 9918 (Klinik) / 019-230 9918 (Fisioterapi)
013-932 3918 / 019 950 9918 (Pejabat)
<https://www.neowellnessmy.com>
<https://www.elakdialisisibuprofenzin.com>

**KLINIK**
DR. AB AZIZ AL-SAFI
SETIAP PENYAKIT
ADA UBATNYA

CONFIDENTIAL

DATE: 6 Sept 2023

TO WHOM IT MAY CONCERN

Dear Sir,

Observational Study

Prospective observational study was concluded on 43 Males (Mean age 52 Yr.) and 30 Females (Mean age 57 Yr.) with chronic kidney disease.

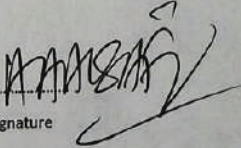
All the patients were put on plant-based diet (similar to the DIP Diet) and blood cupping therapy for 25 days.

Average increase in GFR among males was 3.4 and among females was 3.6

The study completed on: - 5 June 2023

The study was done by Lincoln University College, Malaysia

Chief Observer: - Dr Aziz al Safi Ismail


Signature

DR AB AZIZ ALSAFI BIN ISMAIL
PRESIDENT AND MEDICAL CONSULTANT

**Clinical trial of the DIP Diet by All India Institute of Ayurveda
(Under Ministry of AYUSH, Govt. of India) Ctrl /2018/12/016654**

The letters above acknowledge the DIP diet's journey, originating a decade ago and now validated through clinical trials spanning 18 months by institutions like the National Ayurveda Research and Training Centre of Nepal, Ministry of Ayush, India, and the study conducted by the Lincoln University, Malaysia, all corroborate the

positive impact of the DIP diet on disease reversal and optimal health maintenance.

The Skin's Dual Role

The skin serves as more than just a protective organ. Recent findings suggest an additional function: sodium storage, hinting at its potential role in sodium balance regulation and blood pressure control. Sweat, the skin's primary output, carries electrolytes and urea, intensifying under sauna or hot water immersion.

Skin: The Third Kidney

Consider your skin as the third kidney, given that our primary kidneys aren't easily accessible inside our bodies. Understanding why the skin earns this distinction, as the third kidney is crucial.

Introducing the GRAD System

I've developed the GRAD System (Gravitational Resistance and Diet System) in the past two years; it is a groundbreaking approach. We've successfully treated numerous chronic kidney disease patients and those in end-stage renal failure who were reliant on dialysis. Our GRAD system helped them shed drugs, symptoms, and dialysis, enabling them to embrace everyday life again.

Challenges with Dialysis and Kidney Transplants

The dialysis machine replicates the function of a natural kidney but has limitations. Excessive dialysis can harm the kidneys, worsening their condition and eventually leading to the recommendation for kidney transplants. Unfortunately, transplants often offer short-lived relief, leading to the death of the patient eventually.

The GRAD System's Success

The GRAD system utilises the skin as the third kidney, allowing both natural kidneys the opportunity to revive and heal.

Section-I

Remarkably, within 2-3 months, patients have been able to bid farewell to dialysis.

Hot Water Immersion: A Key Technique

One crucial facet of GRAD systems involves immersing the patient in 40°C hot water. During this immersion, both the water temperature and the pressure interacts with the skin, mimicking the function of a third kidney. Astoundingly, within a couple of hours of hot water immersion, patients have experienced normalising blood pressure, increased urine output, and a reduction of approximately 500 grams of body weight. Like dialysis, this method removes excess bodily fluids through the skin. Moreover, sweat serves as a natural mechanism for expelling toxins. We complemented the treatment with the DIP diet to prevent further fluid accumulation.



Using the skin as a surrogate kidney in our GRAD System has exhibited promising results in rejuvenating kidneys and liberating patients from the constraints of dialysis.

Comparing the skin to the kidney reveals intriguing parallels. With 25 lakh pores versus the kidney's 24 lakh nephrons, the skin's maximum capacity to produce 12 liters of sweat daily surpasses the kidney's 10 litres of maximum output daily. Biochemical analysis reveal similar constituents in both urine and sweat, leading to the realisation that the skin acts as a supplementary excretory organ.

The Deceptive Skin Treatment

Expressing scepticism towards dermatologists, this section calls attention to the potential shortcomings in skin treatments. Mere topical applications of lotions or medicines without addressing underlying causes often lead to ineffective outcomes. The emphasis is on understanding that the skin reflects the body's internal condition.

Conclusion

- **The Skin's Dual Role:** Highlights the skin's multifunctional nature beyond protection, suggesting its involvement in sodium storage and potentially regulating blood pressure. Sweat, especially intensified during sauna or hot baths, carries electrolytes and urea.
- **Skin: The Third Kidney:** Draws parallels between the skin and kidney, emphasising the skin's capacity—with 25 lakh pores—surpassing the kidney's output, producing 12 litres of sweat daily. Analyzing sweat and urine similarities reveal the skin's role as a supplementary excretory organ.
- **The Deceptive Skin Treatment:** Expresses scepticism towards mere topical skin treatments, stressing the need to address underlying causes for effective outcomes. Emphasizes the skin as a reflection of internal body conditions.

Chapter 3 delves into the skin's multifunctional role, highlighting its potential as a supplementary excretory organ and regulator of blood pressure. It questions conventional dermatological treatments and advocates for holistic approaches that address underlying causes.

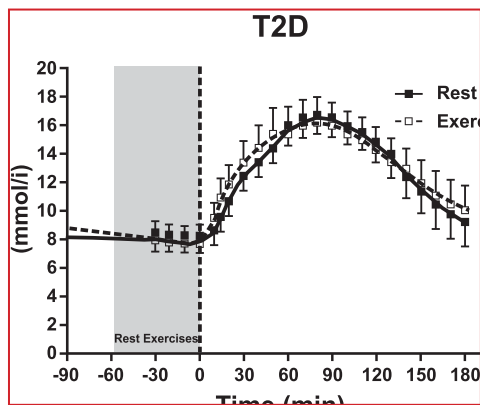
Chapter 4

Vaso Stimulation Therapy: Leveraging Calf Muscles

The Concept of the Second Heart: Understanding Blood Sugar Levels

Consider this example to illustrate the concept of the second heart. Have you ever wondered whether your blood sugar levels decrease while standing compared to sitting? Do you believe your blood sugar level drops more during exercise than when you don't? Conducting a test may reveal that, for some individuals, blood sugar levels, instead of decreasing, may increase after exercise, as indicated in the research paper.

Blood Sugar
Standing v/s Sitting
Exercise v/s No exercise

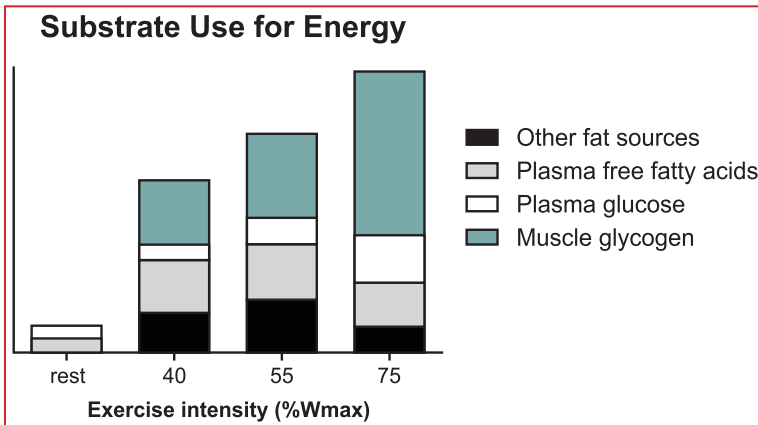


Knudsen SH, Karstoft K, Pedersen BK, van Hall G, Solomon TP. The immediate effects of a single bout of aerobic exercise on oral glucose tolerance across the glucose tolerance continuum. *Physiol Rep.* 2014 Aug 28;2(8):e12114. doi: 10.14814/phy2.12114. PMID: 25168869; PMCID: PMC4246585.



To understand better, let's use a scenario involving a banana, a packet of chips, an apple, and a chocolate bar. Suppose you want your child to choose only fruits when hungry. To induce hunger, you encourage the child to run around and exercise. When hungry, the child faces four options: chocolates, fruits (banana and apple), and chips. The choice depends on what the child decides to eat to satisfy hunger. Feeling hungry doesn't directly correlate with eating a banana, as other tempting options exist. If you aim for the child to consume only fruits, you need to conceal the alternatives of chocolate and chips.

In the same way, when the body expends energy after an exercise or while standing, it can replenish lost energy from various alternative sources, such as blood glucose, muscle glycogen, or fatty acids from plasma. The body has multiple options to regain lost energy.



van Loon LJ, Greenhaff PL, Constantin-Teodosiu D, Saris WH, Wagenmakers AJ, The effects of increasing exercise intensity on muscle fuel utilisation in humans, *Journal of Physiology*, 2001

Section-I

The body prefers to use muscle glycogen, which is why sugar levels in the blood do not change much while standing or even after exercise. Thus, the results are similar when measuring glucose levels, whether standing, sitting, or exercising. So, the critical insight is that you burn the same amount of blood sugar whether you're standing, sitting, or exercising. Consequently, exercising is not practical in reducing blood sugar levels. However, exercise is crucial for other bodily functions.

So, how can you effectively lower blood sugar levels? The answer lies in Vaso Stimulation Therapy.

Vaso Stimulation Therapy

Engaging calf muscles through leg fidgeting to lower blood sugar

During sit-ups, not only are the calf muscles, or the second heart, engaged, but other body muscles are also involved.

However, there is a method to predominantly utilise the calf muscles without engaging other muscle groups significantly. How is this achieved?

Sit and continuously move your legs for an hour, and you can witness up to 30 mg/dL reduction in blood sugar levels. Regardless of their health condition, anyone can sit and move their legs for an extended period without feeling fatigued. This practice, called 'leg fidgeting,' effectively lowers blood sugar levels.

For individuals with desk jobs who sit for prolonged hours, the second heart (calf muscles) remains inactive. Prolonged inactivity of the second heart leads to the onset of various diseases like diabetes and hypertension. It is advisable to habitually move your legs for an hour while sitting in the office for extended durations. Fidgeting proves to be a more beneficial exercise than going to the gym.

Engaging the calf muscles through leg fidgeting, our body's second heart becomes pivotal in managing blood sugar levels and comes as a simple yet effective practice to reduce blood sugar levels. Continuous leg movement for an hour can notably lower blood sugar levels and mitigate the risks of sedentary-related ailments.

‘The act of dilating and stimulating blood vessels through these exercises is termed Vaso Stimulation Therapy.’ This therapy not only supports the heart but also enhances overall blood circulation. By engaging your calf muscles, your body becomes more efficient in utilizing glucose from the blood to replenish energy.

Bicycling and Blood Sugar Regulation

Light bicycling is a practical activity in managing blood sugar levels, showcasing a more significant impact than other forms of exercise. When engaged in light cycling, the body utilizes glucose for energy, helping regulate blood sugar levels more efficiently.

Light bicycling involves moderate energy expenditure, unlike high-intensity or exhaustive workouts, which might primarily rely on glycogen stores or trigger increased blood sugar levels due to stress responses. This moderate effort allows the body to utilize glucose in the bloodstream more steadily, enabling efficient energy consumption without excessively elevating blood sugar.

The duration and intensity of the exercise play crucial roles in how the body utilizes blood sugar. Light cycling, with its balanced intensity, ensures sustained movement of calf muscles rather than engaging other body muscles, without overtaxing the body. As a result, it encourages the body to use glucose from the blood for energy without causing substantial stress responses or exhausting glycogen stores in the muscles.

Research studies often highlight the effectiveness of moderate exercise, such as light cycling, in promoting glucose uptake by the muscles. This uptake, in turn, aids in regulating blood sugar levels more effectively than other high-impact or strenuous exercises that might induce fluctuations in blood sugar.

Therefore, highlighting the impact of light bicycling on blood sugar regulation helps emphasise the role of moderate exercise in maintaining stable blood sugar levels, making it a favourable choice for individuals aiming to manage their glucose levels effectively.

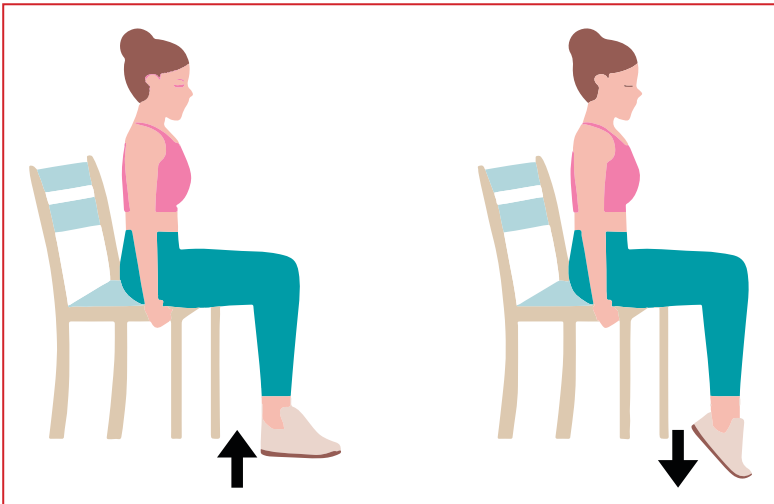
Section-I

2 nd Heart Activation
Very light bicycle ride blunts the rise in blood glucose
<i>Very light Physical Activity after a Meal Blunts the Rise in Blood Glucose and Insulin, Eivind Aadland*,1 and Arne T. Høstmark1,2</i>
<i>The Norwegian School of Sport Sciences, Postbox 4014 Ullevål Stadion, 0806 Oslo, Norway 2. Section of Preventive Medicine and Epidemiology, Institute of General Practice and Community Medicine, University of Oslo, Norway</i>
<i>The Open Nutrition Journal, 2008, 2, 94-99</i>

Calf Muscle Push-Ups and Blood Sugar

2 nd Heart Activation
Calf muscle push up → Lower blood glucose
<i>Hamilton MT, Hamilton DG, Zderic TW. A potent physiological method to magnify and sustain soleus oxidative metabolism improves glucose and lipid regulation. iScience. 2022 Aug 5;25(9):104869. doi: 10.1016/j.isci.2022.104869. PMID: 36034224; PMCID: PMC9404652.</i>

Introducing calf muscle push-ups, also known as soleus push-ups, as a seated exercise offers a remarkable solution for reducing blood sugar levels.



The calf muscle push-up technique involves:

- Sitting on a chair
- Raising your heel
- Letting it drop down to the floor naturally
- Repeating this movement

Implementing this exercise can lead to a decrease of 1 mg/dl of blood sugar per minute. Performing calf muscle push-ups every hour for office workers or those with sedentary lifestyles can significantly reduce blood sugar by up to 50-60 mg/dl.

By actively participating in calf-muscle push-ups, we engage in Vaso Stimulation Therapy, which involves dilating and stimulating blood vessels. This therapeutic approach supports heart health, and fosters enhanced blood circulation. The active involvement of calf muscles ensures efficient glucose extraction from the blood instead of glycogen from muscles for energy replenishment.

Calf Muscle Massage for reducing Blood Pressure

2nd Heart Activation
Calf massage → B.P. ↓
<i>Siva Kumar AV, Lahari AKS, Maruthy KN, Kareem SK, MaheshKumar K. Effects of Therapeutic Calf Massage on Cardiac Autonomic Function in Healthy Volunteers-a Pilot Study. Int J Ther Massage Bodywork. 2023 Mar 1;16(1):24-29. doi: 10.3822/ijtmb.v15i1.725. PMID: 36866185; PMCID: PMC9949611.</i>

Activating the second heart, i.e., calf muscles, is the key to handling various medical emergencies. One such emergency is high blood pressure.

Massaging the calf muscles can have a notable impact on reducing blood pressure. Applying firm yet gentle pressure to the calf muscles for around 20 to 30 minutes can effectively aid in lowering blood pressure by approximately 10 mmHg.

Section-I



This technique works due to the role of the calf muscles as the body's secondary pump, assisting in circulation. Massaging the calf area stimulates blood flow, promotes better circulation, and indirectly helps alleviate some pressure on the heart when you can't directly reach your heart; utilising the calf muscles as the second heart is vital in managing blood pressure and overall cardiovascular health.

Similarly, many other difficult situations or 'so-called medical emergencies' can be easily managed by utilising Vaso Stimulation Therapy.

Fever Reduction through Hot Water Immersion

LLHWI (Lower Leg Hot Water Immersion @42° C)



The image above elucidates a method for fever reduction: immersing calf muscles in hot water at 42° C. This vasodilation process increases blood circulation and raises the body temperature (of an already heated-up body due to fever) further, killing the virus quickly. Within 30 minutes, your fever, weakness, fatigue, and stress will be reduced by utilizing the body's inherent healing mechanisms.

Lower Leg Contrast Water Immersion (Hot & Cold Stimulation Therapy)

Vaso-stimulation involves dilation and constriction of calf muscles. Heat dilates the calf muscles. Another technique to constrict the calf muscles is employed, which is immersing the calf in cold water at 12° C.



This therapeutic process involves hot and cold water immersion, stimulating veins in the calf muscles. This Lower Leg Contrast Water Immersion (LLCWI) method triggers the release of hormones that aid in managing various health issues, from pain reduction to depression alleviation.

In LLCWI, two buckets containing hot and cold water are taken. Hot water is maintained at 42° C, while cold water is maintained

Section-I

at 12° C. Start with Immersing your legs (up to calf muscles) at 42° C for 4 minutes, then immediately immerse them in cold water at 12° C for 1 minute. This process should be followed for at least 30 minutes, ending with hot water immersion.

When we follow the above LLCWI technique, pain precisely due to diabetic neuropathy, varicose veins, or cancer pain, can be managed effectively.

In the case of diabetic neuropathy wherein a patient experiences pain in legs and feet or loss of sensation (numbness) in feet, the temperature difference of 30° C (Hot water @ 42° C and cold water @ 12° C) during LLCWI quickly dilates and constricts blood vessels in the calf muscles. This aids in releasing hormones that help reduce the sensations of pain, fatigue, and weakness and increase happiness.

Cancer pain, considered immensely painful, is most often managed by giving morphine to the patient. Morphine has drastic side effects. Every time a patient takes morphine, the body becomes more weak & immune compromised. Haemoglobin drops down. This leads to cancer spreading to the other parts of the body and metastasis. Ultimately, the patient succumbs to cancer and dies.

This was all to manage pain. If it's about managing pain instead of using morphine, one can employ LLCWI as an effective tool to manage cancer pain.

Vaso Stimulation Therapy through Lower Leg Immersion with some changes in temperature and additions like acupressure or aromatic oils or herbs can effectively manage various emergencies (assumed as emergencies).

Vaso Stimulation Therapy

Diseases / Symptoms	Vaso-Stimulation Therapy
Fever	42° C (Hot Water)
B.P. High	42° C (Hot Water)
Weakness/ Fatigue	42° C (Hot water)/12° C (Cold water)
Heart Attack /Angina	45° C (Hot Water)
Diabetic Neuropathy Pain	42° C (Hot water)/12° C (Cold water)
Cancer Pain	42° C (Hot water)/12° C (Cold water) + Acupressure
Swelling due to injury	42° C (Hot water)/12° C (Cold water)
Fibromyalgia	42° C (Hot Water)
Joint Pain	42° C (Hot water)/12° C (Cold water)
Stiffness	42° C (Hot water)/12° C (Cold water)
Plantar Fasciitis	42° C (Hot water)/12° C (Cold water)
Muscle Soreness (DOMS)	42° C (Hot water)/12° C (Cold water)
Deep Vein Thrombosis	42° C (Hot Water)
Varicose Vein	42° C (Hot water)/12° C (Cold water)
Itching	42° C (Hot Water)
Anxiety	42° C (Hot Water)

Fever**Lower Leg Hot Water immersion (LLHWI) for 30 minutes**

Diamandopoulos AA, Goudas PC. Substitution of renal function through skin catharsis: evidence from the classical period to the Middle Ages. Kidney Int. 2001 Apr;59(4):1580-9. doi: 10.1046/j. 1523-1755.2001.0590041580.x. PMID: 11260424.

Aksoylar S, Akşit S, Çağlayan S, Yaprak I, Bakiler R, Cetin F. Evaluation of sponging and antipyretic medication to reduce body temperature in febrile children. Acta Paediatr Jpn. 1997 Apr;39(2): 215-7. doi: 10.1111/j.1442-200x.1997.tb03584.x. PMID: 9141257.

Section-I

High Blood Pressure

LLHWI for 30 minutes

Pizzey FK, Smith EC, Ruediger SL, Keating SE, Askew CD, Coombes JS, Bailey TG. *The effect of heat therapy on blood pressure and peripheral vascular function: A systematic review and meta-analysis. Exp Physiol.* 2021 Jun;106(6):1317-1334. doi: 10.1113/EP089424. Epub 2021 May 10. PMID: 33866630.

Weakness & Fatigue

Lower Leg Contrast Water Immersion (LLCWI) for 30 minutes

Vaile J, Halson S, Gill N, Dawson B. *Effect of hydrotherapy on recovery from fatigue. Int J Sports Med.* 2008 Jul;29(7):539-44. doi: 10.1055/s-2007-989267. Epub 2007 Nov 30. PMID: 18058595.

Higgins, Trevor R.1,2; Greene, David A.1; Baker, Michael K.1. *Effects of Cold Water Immersion and Contrast Water Therapy for Recovery From Team Sport: A Systematic Review and Meta-analysis. Journal of Strength and Conditioning Research* 31(5):p 1443-1460, May 2017. | DOI: 10.1519/JSC.0000000000001559

Diabetic Neuropathy Pain

LLCWI for 30 minutes

A Quasi Experimental Study to Evaluate the Effect of Contrast Bath Therapy on Neuropathic Pain among Diabetic Patients at a Selected Hospital. Gayathiri M, Deepa D and Nirmala T. HSOA Journal of Diabetes and Metabolic Disorders

Hatch EH, Gorrell C, Abramoff BA. *Contrast bath therapy for neuropathic pain due to spinal nerve root compression by myeloma: a case report. Spinal Cord Ser Cases.* 2022 Jun 9;8(1):59. doi: 10.1038/s41394-022-00526-6. PMID: 35680845; PMCID: PMC9184576.

Heart Attack/Angina

LLHWI @45° C

Acute lower leg hot water immersion protects macrovascular dilator function following ischemia-reperfusion injury in humans. Experimental Physiology, 2020;105:302-311

Heat acclimation-induced elevated glycogen, glycolysis, and low thyroxine improve heart ischemic tolerance. J Appl Physiology 93: 2005-2104, 2002

Cancer Pain

Lower Leg Contrast Water Immersion (LLCWI) for 30 minutes + Acupressure

Pertovaara, A., Kauppila, T. & Hämäläinen, M.M. Influence of skin temperature on heat pain threshold in humans. Exp Brain Res 107, 497–503 (1996).

Swelling Due to Injury

LLCWI for 30 minutes

Higgins, Trevor R; Heazlewood, I Tim; Climstein, Mike. A Random Control Trial of Contrast Baths and Ice Baths for Recovery during Competition in U/20 Rugby Union. Journal of Strength and Conditioning Research 25(4):p 1046-1051, April 2011. | DOI: 10.1519/JSC.0b013e3181cc269f

Fibromyalgia

LLHWI for 30 minutes

M. Offenbächer, G. Stucki (2000) Physical therapy in the treatment of fibromyalgia, Scandinavian Journal of Rheumatology, 29:113, 78-85, DOI: 10.1080/030097400446706

Section-I

Joint Pain

LLCWI for 30 minutes

The effectiveness of contrast bath to reduce joint pain in the elderly Esri Rusminingsih 1, Nur Wulan Agustina, Diah Ayu Nawang Wulan DO - 10.30595/medisains.v17i3.5856

Stiffness

LLCWI for 30 minutes

Fareed, Manal. (2019). Effect-of-Cold-Warm-or-Contrast-Therapy-on-Controlling-Knee-Osteoarthritis-Associated-Problems. International Journal of Medical and Health Sciences

Plantar Fasciitis

LLCWI for 30 minutes

Narula R, Iraqi AA, Narula K, Katyal R, Saxena MS. Comparative Study of: Non-Invasive Conservative Treatments with Local Steroid Injection in the Management of Planter Fasciitis. Journal of Clinical and Diagnostic Research: JCDR. 2014 Sep;8(9):LC05.

Muscle Soreness (DOMS)

LLCWI for 30 minutes

French DN, Thompson KG, Garland SW, et al. The effects of contrast bathing and compression therapy on muscular performance. Medicine and Science in Sports and Exercise. 2008 Jul;40(7):1297-1306. DOI: 10.1249/mss.0b013e31816b10d5. PMID: 18580411

Vaile, joanna m.1; Gill, nicholas d.2; Blazeovich, anthony j.3. The effect of contrast water therapy on symptoms of delayed onset muscle soreness. Journal of Strength and Conditioning Research 21(3):p 697-702, August 2007.

Deep Vein Thrombosis

LLHWI @ 42° C for 30 minutes

Zhang Y, Jin J, Song B, Wang Y, Liang M. Vascular boot warming improves clinical outcomes of patients with deep vein thrombosis in lower extremities. *Am J Transl Res.* 2021 Apr 15;13(4):3800-3805. PMID: 34017568; PMCID: PMC8129304.

Varicose Vein

LLCWI for 30 minutes

M. El-Sayed, Z., Mamdouh Abu Zead, M. (2023). 'Effect of Hot / Cold Water Therapy on Lower Limb Varicose Vein: Patients' Reported Outcomes', *Egyptian Journal of Health Care*, 14(3), pp. 210-223.

Itching

LLHWI @ 42° C for 30 minutes

Thouvenin MD, Bacquey A, Babin M, Lestienne F, Lauze C, Gravier E, Placintescu D, Ortiz-Brugués A, Ständer S. Efficacy of Avène Hydrotherapy on Chronic Pruritus in Patients with Plaque Psoriasis. *Dermatol Ther (Heidelb)*. 2023 Dec;13(12):3137-3151. doi: 10.1007/s13555-023-01047-2. Epub 2023 Oct 14. PMID: 37837493; PMCID: PMC10689587.

Anxiety

LLHWI @ 42° C for 30 minutes

Levine, B. A. (1984). Use of hydrotherapy in reduction of anxiety. *Psychological Reports*, 55(2), 526. <https://doi.org/10.2466/pr0.1984.55.2.526>

Section-I

Conclusion

- **The Concept of the Second Heart: Managing Blood Sugar Levels:** Explores the role of the second heart, the calf muscles, in blood sugar management. Introduces techniques like leg fidgeting and calf muscle push-ups for healthier blood sugar and blood pressure levels.
- **Vaso Stimulation Therapy:** Illustrates how engaging calf muscles through exercises like leg movements and calf muscle push-ups stimulates blood vessels, aiding in glucose uptake and heart health.
- **Harnessing the Power of Vaso Stimulation Therapy:** Presents leg fidgeting as a practice to lower blood sugar levels. Emphasizes calf muscle push-ups to reduce blood sugar and blood pressure. Highlights bicycling's impact on glucose reduction and a calf muscle massage for blood pressure management.
- **Fever Reduction through Hot Water Immersion:** Explains the use of hot water immersion for fever reduction, aiding in vasodilation and alleviating fatigue and stress.
- **Hot-Cold Stimulation Therapy:** Introduces therapeutic hot and cold water immersion, triggering hormone release for pain reduction and depression alleviation.

This chapter delves into Vaso Stimulation Therapy, employing simple practices to engage the calf muscles as the body's second heart for managing various health concerns. From blood sugar regulation to pain alleviation and fever reduction, these techniques harness the body's innate healing capacity, offering natural solutions to widespread health issues.

Chapter 5

Ayurvedic Perspective of Vaso Stimulation Therapy*

Exploring and utilising the potential of the second heart, housed within the calf muscles, unveils a vital aspect of our physiological resilience. Drawing from ancient practices like Ayurveda, this chapter delves into the practical applications of connecting the secondary heart to the primary heart during emergencies, offering a holistic approach to health management.

Ayurveda's Insights on the Calf Muscles

Understanding Circulation through Ayurveda

Ayurveda, rooted in the Tridosha theory—Vata, Pitta, and Kapha—deems these vitiated factors crucial in preserving health and managing ailments. The balance of these doshas profoundly influences healthy blood circulation, with Vata predominantly overseeing bodily movement, including blood flow.

Vata: The Air Force of Life

Air is synonymous with survival, making Vata or Vyana Vayu—the air force—the control centre of the human body. It serves as the natural initiator and regulator of all bodily activities.

Type of Vata: 5 types

1. **Prana:** Located in head
2. **Udana:** Located in the chest
3. **Samana:** Located in the gut
4. **Vyana:** is all pervading and is in circulation
5. **Apana:** Located in lower part of body, below navel

Section-I

Vyana Vayu: Circulation's Guardian

Situated in the Hridaya (cardiac region), Vyana Vayu swiftly navigates the entire body, facilitating the circulation of rasa (nutrient fluid) throughout. This Vayu maintains equilibrium among Pitta, Kapha, Dhatu, and Mala, ensuring health and functioning.

Vyana Vata's Functionality (Continuous)

Vyana Vata is a potent force that energizes movements in the body, ensuring the continuous circulation of Rasa Dhatu. Its perpetual action throws the Rasa Dhatu throughout the body, which is vital for sustained health. Blockages in this circulation can lead to various diseases.

Circulation Maintenance by Vyana Vata

Vyana Vata Vikshepa Action
<p>Rasa Dhatu in the body is circulated in the body by the Vikshepa (throwing away) action in the following method:</p> <ul style="list-style-type: none">A. Yugapata (simultaneously)B. Sarvatah (from all sides, everywhere, entirely)C. Ajasram (forever, constantly perpetually)D. Sada (always, continually, for the whole life)

The content in above box emphasises the vital role of Vyana Vata in perpetually circulating Rasa Dhatu throughout the body, ensuring its constant flow and preventing potential disease triggers due to blockages.

Vyana Vata's Locations and Actions

Site and function of Vyana Vayu by different acharya's

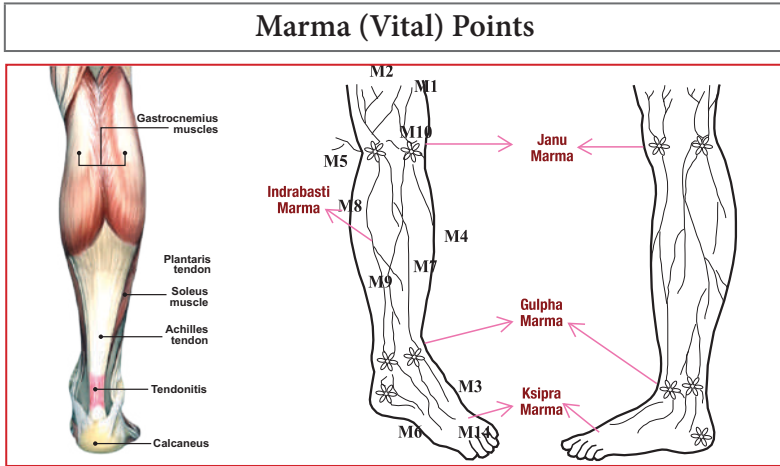
	Charak Samhita	Sushrut Samhita	Astanga Hridaya	Astanga Sangraha
Sthana (Location)	Vyana has swift movement and spreads all over the body	Vyana vayu occupies entire living body. It helps in circulation of rasa throughout the body	Vyana vayu located in hridaya and it travels along the whole body with very high velocity.	located in heart moves all over the body with great speed
Karma (Function)	responsible for gait, flexion, extension, twinkling etc.	responsible for sweating, blood circulation, and five type of movement like expansion, contraction upward, downward and oblique movements along with blinking and opening of eyelids	All motor functions of the body such as mahajava (rapid movement), gati (movement), aakshepa (flexion), utkshepa (extension), nimesha (closure of eyelid/ being not responsive to movement), unmesha (opening eyelids/staying responsive)	Responsible for movement, expansion, contraction, upward movement, downward movement, opening and closing of eyelids, yawning, feeling the tastes of food, clearing of the channels, causing the flow of sweat and blood, bringing the male reproductive tissue into the uterus, separating the nutrient portion and waste portion of the food (after its digestion) and supplying nourishment to all the dhatus.

Table above portrays the locations and functions of Vyana Vayu, spanning from the cardiac region to various body parts, like the lumbar region, legs, thighs, bones, bone marrow, and ears, signifying its extensive reach and role.

Section-I

Marma Points and Calf Muscles

Marma are the vital anatomical points on the body through which energy is believed to flow



The above image introduces Marma points, essential anatomical sites where various bodily elements converge. Among these, the 'Indrabasti' point within the calf muscle stands out, intricately connected to heart function, blood circulation, and blood pressure regulation. Ayurveda's recognition of this relationship underscores the calf muscles' role as the secondary heart, aligning with ancient teachings.

Calf Muscles as the Secondary Heart

Ayurveda's profound wisdom unveils the significance of the calf muscles, positioning them as crucial in maintaining circulatory harmony and overall well-being. The recognition of Marma points, particularly 'Indrabasti,' accentuates the calf muscles' role in blood circulation and pressure regulation, affirming their status as the body's secondary heart, a timeless concept rooted in Ayurvedic principles.

Enhanced Absorption with Essential Oils

Let's also look at the role of essential oils like eucalyptus or lavender, which enhance therapeutic effects through dermal absorption. The skin's ability to absorb aids in transporting medicinal properties to the body, supporting holistic healing as another Vaso stimulation technique. Given below are the references from Ayurvedic Formulary of India, on benefits of eucalyptus or lavender oil in vaso stimulation therapy.

EUCALYPTUS OIL REFERENCE AYURVEDIC FORMULARY OF INDIA

तैलपर्णः लघु स्निग्धः कटुतिक्तकषायकः ।

वीर्योष्णः कफवातघ्नः पूतिजन्तुहरः स्मृतः ॥

जीर्णकासे प्रतिश्याये स्वरभेदे च शस्यते । (द्र. वि.)

तैलपर्णः कटुस्तिक्तः कषायोष्णो लघुस्मृतः ।

दीपनः पाचनो हृद्यो मूललो ज्वरनाशकः ॥

जीर्णकासशिरःशूल कफदौगन्ध्यनाशनः ।

पूयमेह क्षयश्वास तन्तुकृमि विकारनुत् ॥

अग्नीमान्य प्रतिश्याय वस्तिरोगप्रवाहिकाः ।

यकृत्प्लीह हृद्रदांश्च विनाशयेत् ॥ PV Sharma

हरिद्रुमो ज्वरहरः कीटमर्दश्च तिक्तकः ॥

कफपितहरस्तिकः सुगन्धः पूतिनाशनः ।

बलप्रदो रुचिकारी क्षताक्षीणविनाशनः ॥

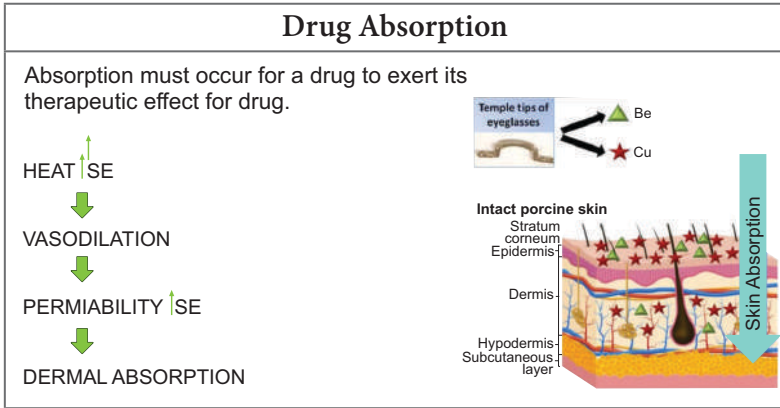
जीर्ण दुर्वाष्प विषमज्वरहृत् कर्णश्लनुत

तैलं दुर्गन्धहरणं पत्रं स्वरुजापहम्

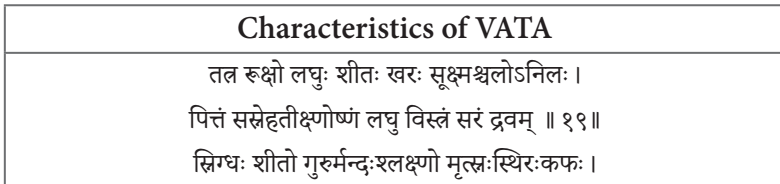
सम्पर्कादस्य नश्यन्ति सर्वे रोगा संशयाव

तैलं दुर्गन्धहरणं पत्रं स्वरुजापहम् सम्पर्कादस्य नश्यन्ति सर्वे रोगा संशया : A.VI.

Section-I

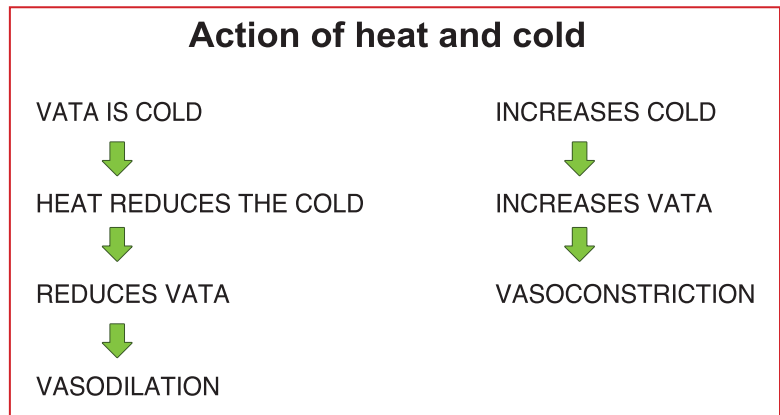


Understanding Vata: The Characteristics



Vata, characterized by cold, dryness, and lightness, significantly influences the process of Vaso dilatation and constriction.

Vaso Stimulation's Impact on Vata



The impact of Vata's cold nature on Vaso Stimulation is evident. Immersing legs in hot water diminishes Vata's cold aspect, leading to Vaso dilation, potentially reducing blood pressure and alleviating body pain. Conversely, immersing legs in ice-cold water increases Vata, causing Vasoconstriction.

Exploring Svedana Therapy in Ayurveda

Types of Svedas

स्वेदस्तापोपनाहोष्मद्रव भेदाच्चतर्विध

Fours types of Svedana

- TAPA SVEDA (using solids)
- UPANAHA SVEDA (using pastes-semi solids)
- USMA SVEDA (air vapour)
- DRAVA SVEDA (liquids)



Svedana Therapy, the cornerstone of Ayurvedic healing, aims to restore balance and harmony in the body, mind, and spirit. It induces sweating for detoxification, relaxation, and rejuvenation, utilizing heat, often through steam or warm substances, to cleanse toxins, release muscle tension, and revitalize the mind.

The Essence of Svedana Therapy

Svedana, derived from the Sanskrit word 'Swid,' emphasizes inducing sweat as a therapeutic technique. This practice expels toxins, alleviates muscle tension, and readies the body for deeper Ayurvedic treatments by enhancing substance absorption.

Each type provides distinct heat application methods tailored to individual needs, promoting optimal healing and restoration.

Section-I

Conclusion

- **Marma Points and Calf Muscles:** Introduces Marma points, focusing on the 'Indrabasti' point within the calf muscle, intricately linked to heart function, blood circulation, and blood pressure regulation.
- **Calf Muscles as the Secondary Heart:** Ayurveda recognises the calf muscles' significance in maintaining circulatory harmony and overall well-being. Emphasizes the 'Indrabasti' Marma point, affirming the calf muscles' role as the body's secondary heart, aligning with ancient teachings.
- **Understanding Vata: The Characteristics:** Describes Vata's attributes—cold, dryness, and lightness—that significantly affect Vaso dilation and constriction processes.
- **Vaso Stimulation's Impact on Vata:** Explains how Vata's cold nature affects Vaso Stimulation. Immersing legs in hot water reduces Vata, leading to Vaso dilation, potentially lowering blood pressure and relieving body pain. Conversely, using ice-cold water increases Vata, causing Vasoconstriction.
- **Exploring Svedana Therapy in Ayurveda:** Introduces Svedana Therapy, a vital aspect of Ayurvedic healing. It aims to restore balance, cleanse toxins, release muscle tension, and rejuvenate the body, mind, and spirit using heat, commonly through steam or warm substances.
- **The Essence of Svedana Therapy:** Emphasizes inducing sweat as a therapeutic technique in Svedana, expelling toxins, relieving muscle tension, and preparing the body for deeper Ayurvedic treatments by enhancing substance absorption.
- **Four Varieties of Svedana:** Details the four types of Svedana Therapy—Tapasveda (solids), Upanahasveda (pastes or semisolids), Usmasveda (air vapour), and Dravasveda (liquids). Each type offers distinct heat application methods tailored to individual needs for optimal healing and restoration.
- **Harmonizing Vata with Vaso Stimulation:** Highlights the relationship between Vata's characteristics and Vaso Stimulation. Understanding how Vata influences Vaso dilation and constriction, alongside nuanced Svedana

Chapter 5: Ayurvedic Perspective of Vaso Stimulation Therapy*

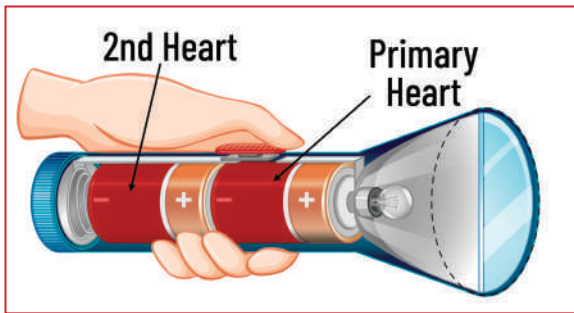
Therapy approaches, provides holistic methods for balance, detoxification, and rejuvenation in Ayurvedic practices.

This chapter focuses on the relationship between Vata characteristics and Vaso Stimulation, showcasing how Vata influences blood vessel dilation and constriction. It explores Svedana Therapy in Ayurveda, emphasising the significance of inducing sweat for detoxification, muscle tension relief, and substance absorption enhancement. The chapter emphasizes the holistic approach to restoring balance and rejuvenating the body, mind, and spirit by harmonizing Vata and Vaso Stimulation in Ayurvedic practices.

Section-II

Role of 2nd Heart in Illness & Wellness

The analogy of health being associated with food, exercise, sleep, stress management, and repeated medical checkups has been a dominant perception. The medical checkups pertain to various organs like the heart, kidney, lungs, blood, and many more parameters based on which health diagnosis, prevention, reversal, and cure strategies have been told to you. However, amidst this, the crucial element often overlooked or missed by us is the role of what can be considered the ‘Second Heart’.



Imagine a torch with two batteries contributing equally to light the bulb. When the light doesn't work or dims, the immediate thought is to change the batteries. But what if we focus solely on changing one battery and assume that the second one doesn't exist? That would be half-baked knowledge. This is akin to the oversight of our ‘Second Heart’ when dealing with cardiovascular, circulatory, or blood-related ailments. The most important thing that you read in the previous chapters is to circulate your blood other than your lying position while you are walking or sitting; for the blood to circulate in your body, just like both batteries of the torch, your body has two pumps one which is the heart which you always knew and the other is the second pump which you came to know after reading this book. Your calf muscle pump gets activated the moment you get up from the bed as the movement activates the calf muscle pump.

Section-II

The calf muscle pump activates when transitioning from sitting to standing or sleeping to standing. This activation of the calf muscles mirrors the role of the second heart, akin to the two batteries in a torch, contributing to blood circulation.

Exploring the concept of this second heart beyond the primary organ reveals a fascinating interplay. While lying down, organs align with the heart level, allowing the heart to pump blood efficiently. However, when we sit or stand, the heart's position becomes higher than ground level, making blood circulation more challenging. This elevation requires more effort from the heart. Here comes the role of calf muscles—another vital pump in our body's circulation. They activate with leg movement or fidgeting, aiding blood flow.

Unlike other animals, humans have developed the habit of prolonged sitting or standing, often due to professional obligations or a sedentary way of life.

A familiar scenario is prolonged standing during school assemblies, where the heart's primary function is to sustain the circulatory system and counteract gravity. Here, the heart does the dual circulation job and works against gravity. Hence, calf muscles have no role in a standstill position. Approximately 20 minutes into this stance, gravity influences the circulatory system, diminishing blood flow to the brain due to increased gravitational pull on the legs. Consequently, children sometimes experience fainting spells.

However, following a fall, the heart aligns with the level of other organs, and the circulatory system typically reactivates within 5-10 minutes, restoring consciousness without needing external interventions like water or fanning.

It's essential to share the knowledge that when an individual stands for extended periods without the ability or permission to move their legs, a simple solution exists: moving the toes or fingers inside their shoes. This action can activate the calf muscles, which are crucial in enhancing blood circulation.

Hockin BCD, Claydon VE. Intermittent Calf Compression Delays the Onset of Presyncope in Young Healthy Individuals. Front Physiol. 2020 Jan 23;10:1598. doi: 10.3389/fphys.2019.01598. PMID: 32038283; PMCID: PMC6993600.

Williams EL, Khan FM, Claydon VE. Counter pressure maneuvers for syncope prevention: A semi-systematic review and meta-analysis. Front Cardiovasc Med. 2022 Oct 13;9:1016420. doi: 10.3389/fcvm.2022.1016420. PMID: 36312294; PMCID: PMC9606335.

By engaging the calf muscles in this manner, the circulatory system gains the ability to fight against the gravitational pull.

Wieling W, van Dijk N, Thijs RD, de Lange FJ, Krediet CT, Halliwill JR. Physical countermeasures to increase orthostatic tolerance. J Intern Med. 2015 Jan;277(1):69-82. doi: 10.1111/joim.12249. Epub 2014 May 5. PMID: 24697914.

The prevalence of lifestyle diseases such as cancer, diabetes, and bone-related issues can be directly attributed to the inactivity of the calf muscles. The contemporary sedentary lifestyle, where individuals spend prolonged hours, approximately 9-10 hours, seated in office settings, results in inactive calf muscles. This stark correlation between mortality rates and various lifestyle-related ailments highlights the significance of keeping these muscles active.

Mayor S. Prolonged sitting increases risk of serious illness and death regardless of exercise, study finds. BMJ. 2015 Jan 19;350:h306. doi: 10.1136/bmj.h306. PMID: 25646739.

To promote longevity and sustain good health, it's imperative to enable the second heart—the calf muscles—to assist the primary heart in efficiently operating the circulatory system.

The Role of Fidgeting

In the quest for good health, pay attention to the simple act of leg fidgeting; this easy practice can bring unexpected benefits beyond diet and exercise. Regardless of your setting, whether confined to an office chair or seated in an airplane, incorporating consistent leg fidgeting proves to be remarkably advantageous for your health.

Section-II

Despite its occasional social stigma or perception of bad manners, fidgeting is an activity we should encourage. It helps counterbalance the risks associated with a sedentary lifestyle. It's essential to keep our legs in motion, whether sitting or standing, to promote our calf muscles to contribute to our circulation. Activities like foot tapping while seated provide protective benefits for leg arteries, potentially staving off arterial disease. While fidgeting might be misconstrued as a sign of distraction or rudeness, these simple movements yield significant health benefits.

We must keep our legs in motion, whether sitting or standing, for adequate blood circulation. However, any dysfunction in the legs can hinder the calf muscles' ability to effectively pump blood despite movement, which may lead to various cardiovascular diseases in the body.

Panizzolo FA, Maiorana AJ, Naylor LH, Dembo L, Lloyd DG, Green DJ, Rubenson J. Gait analysis in chronic heart failure: The calf as a locus of impaired walking capacity. J Biomech. 2014 Nov 28;47(15):3719-25. doi: 10.1016/j.jbiomech.2014.09.015. Epub 2014 Oct 11. PMID: 25307437.

The Hidden Toll of High Heels on Calf Muscles

High heels, a staple in many wardrobes, often come with an unforeseen cost to our health. Beyond the fashionable facade lies a significant impact on the calf muscles, which can be equated to our second heart regarding circulatory function.

Walking in high heels induces a common array of venous complaints, ranging from pain and fatigue to a persistent sense of heaviness in the legs. The key contributor to these issues is the positioning of the calf muscle-tendon unit (MTU) in a shortened state when wearing high heels. Muscles and tendons, being remarkably adaptable, undergo structural and functional modifications with chronic high heel use.

The implications extend beyond mere discomfort. The diminished function of the muscle pump due to high heels can lead to venous hypertension in the lower limbs, becoming a potential catalyst

for venous disease symptoms. Therefore, the choice of footwear isn't merely a matter of style; it directly influences the health of our calf muscles, which, as we've learned, play a pivotal role in our circulatory system.

Ladies high heels shoes versus Tailoring feet pedal



A reconsideration of the frequent use of high heels emerges not just as a style tip but as a health-conscious decision for the well-being of our second heart.

Tedeschi Filho W, Dezzotti NR, Joviliano EE, Moriya T, Piccinato CE. Influence of high-heeled shoes on venous function in young women. J Vasc Surg. 2012 Oct; 56(4):1039-44. doi: 10.1016/j.jvs.2012.01.039. Epub 2012 Apr 5. PMID: 22483354.

J. K and Pierce C (2013) Cardiomyopathy in Women: Second Heart Failure. Cardiomyopathies. InTech. Available at: <http://dx.doi.org/10.5772/55433>.

The Tailor's Secret: Calf Muscles and Manual Sewing Machines

Now that we've explored the adverse impacts of high heels on calf muscles, let's shift our focus to a profession that inadvertently proves beneficial for your second heart – tailoring.

You might recall visiting a tailor shop and witnessing tailors operating their sewing machines with the help of foot pedals a decade ago. Naturally, a tailor's constant footwork on the foot pedal of the sewing machine serves as a calf muscle workout, as the repetitive motion of moving the foot pedal activates the

Section-II

calf muscles. According to my recent observational study (see section-III), this specific exercise through toe movement is the quickest method to lower blood sugar levels.

My observational study showed that tailors tend to maintain exceptional fitness and rarely fall ill. Their blood pressure and blood sugar levels remain in healthy range, and obesity is not a concern. This remarkable health status seems linked to their consistent use of manual sewing machines. These machines, however, are now being replaced by automatic ones that operate at the push of a button. While this transition has increased productivity, it has negatively affected their longevity.

Professionals who spend extended periods sitting should regularly fidget their legs to keep their calf muscles engaged. Maintaining calf health is crucial, as vital as that of your primary heart health, in preventing cardiovascular diseases and circulatory disorders.

Measuring Your Calf Health: A Simple Experiment

To assess the health of your calf muscles, perform a simple experiment while seated. Measure your Blood Pressure (BP) and Heart Rate (HR) after the initial 15 minutes of sitting, and then re-evaluate both parameters after an additional 15 minutes. If, after 30-minutes, your heart rate has increased by more than 5 beats per minute, accompanied by a drop in blood pressure exceeding 10 mmHg during second intervals (i.e after 30 minutes), or more specifically, a diastolic BP dropping below 60 mmHg, should be considered a strong indication of inadequate fluid return to the heart, it indicates potential dysfunction in the calf muscles. This dysfunction could potentially contribute to various diseases in your body.

In short, to date, the healthcare industry has paid attention to the lungs, heart, kidneys, liver, and other body organs. Diagnostics pertaining to these body organs were developed or invented to measure health parameters or assess your health status. However, the healthcare industry wholly ignored or missed that the 'Second

Heart', i.e., calf-muscle health, is equally important as our primary heart in maintaining health.

Over the past decade, numerous research papers have delved into the concept of the 'second heart', observing the health of hundreds of thousands of patients. These studies reveal a significant correlation between prolonged sitting and increased disease prevalence, emphasising a higher mortality rate, high morbidity, poor quality of life, and early death among individuals spending extended periods sitting down.

van der Ploeg HP, Chey T, Korda RJ, Banks E, Bauman A. Sitting Time and All-Cause Mortality Risk in 222 497 Australian Adults. Arch Intern Med. 2012;172(6):494–500. doi:10.1001/archinternmed.2011.2174

A notable 2016 trial compared two groups—one sedentary and the other sedentary but engaged in leg fidgeting often. Understandably, those who frequently moved their legs exhibited lower mortality rates and were relatively free from diseases as compared to the ones who just sat without any leg movement.

Gareth Hagger-Johnson, Alan J. Gow, Victoria Burley, Darren Greenwood, Janet E. Cade, Sitting Time, Fidgeting, and All-Cause Mortality in the UK Women's Cohort Study, American Journal of Preventive Medicine, Volume 50, Issue 2, 2016,

Personally speaking, this act of leg movement not only improved energy level but also boosted concentration & focus, potentially due to enhanced blood flow to the brain and improved nutrient distribution to vital organs. This is achieved due to the synchronized movement of calf muscles, i.e., the second heart and the primary heart, towards blood circulation more efficiently, enhancing the higher flow of blood towards the brain and improving nutrients to body organs.

Similarly, endothelial cells, forming a lining within blood vessels, are crucial in regulating exchanges between the bloodstream and surrounding tissues. These endothelial cells regulate blood circulation by producing nitric oxide, which regulates blood pressure in your body. Dysfunction in these endothelial cells leads

Section-II

to various diseases. Fidgeting emerges as an effective preventive or curative measure against endothelial dysfunction.

Prolonged sitting-induced leg endothelial dysfunction is prevented by fidgeting. Takuma Morishima, Robert M. Restaino, Lauren K. Walsh, Jill A. Kanaley, Paul J. Fadel, and Jaume Padilla.

American Journal of Physiology-Heart and Circulatory Physiology 2016 311:1, H177-H182

Notably, fidgeting can increase energy expenditure by 50% compared to being sedentary.

James A Levine, Sara J Schleusner, Michael D Jensen, Energy expenditure of nonexercise activity. The American Journal of Clinical Nutrition, Volume 72, Issue 6, Dec 2000.

Also, extended periods of sitting (without leg movement) lead to blood and fluid accumulation in the lower limbs, commonly observed in chronic kidney patients. These patients often exhibit swollen hands and limbs, reduced urine output, weakness, breathlessness and elevated blood pressure—classic symptoms of chronic kidney disease patients and kidney failure. However, activating the calf muscles pump through fidgeting can significantly help alleviate these symptoms, as indicated by research findings in this 1989 research paper.

Stick, C., Grau, H. ; Witzleb, E. On the edema-preventing effect of the calf muscle pump. Europ. J. Appl. Physiol. 59, 39–47 (1989). <https://doi.org/10.1007/BF02396578>

This means patients undergoing dialysis, especially those with chronic kidney issues or oedema, should seriously consider adopting the habit of leg fidgeting while seated, as demonstrated in the research literature. The degree of calf muscle pump activity while awake significantly correlates with longevity—a reduced activation leads to a decrease in lifespan and vice versa.

Activating your calf muscles plays a significant role in your longevity. Ensuring regular activation, you equip yourself with a powerful tool to prevent and reverse various diseases. Cultivating a habit of fidgeting can effectively contribute to this. Over time,

you'll notice a normalization of your blood pressure and blood sugar levels and an increase in your energy levels.

Consider making a New Year's resolution to promote the practice of fidgeting. Ensure fidgeting on and off. Make it a part of your behavior. It's a cost-free method that significantly contributes to maintaining good health.

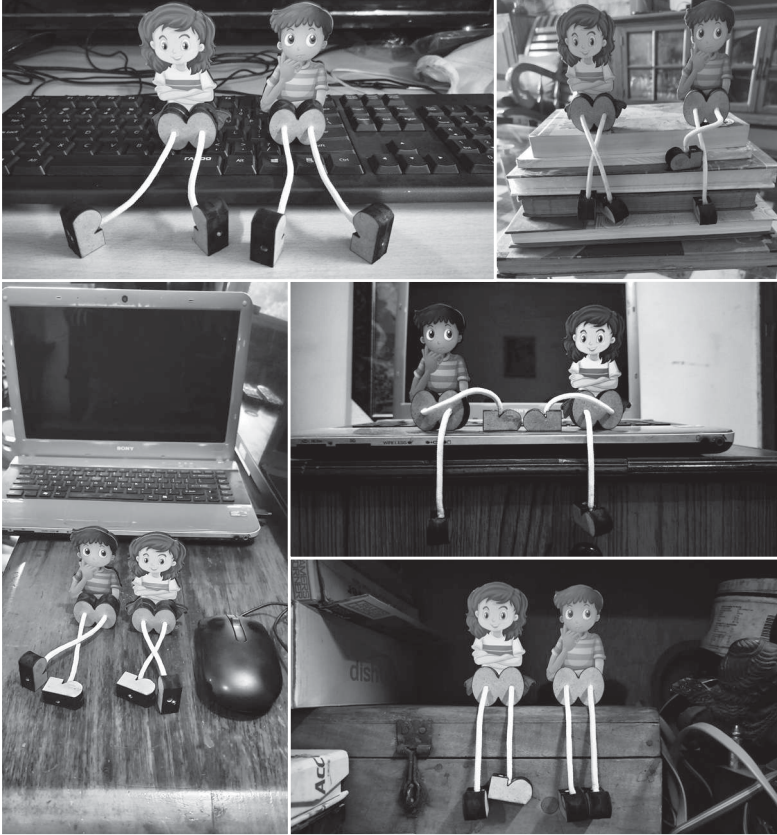
As breathing comes naturally, fidgeting should also be developed like an inherent habit. Practice it on and off. Set reminders to fidget. Let your brain get accustomed to fidgeting so much that you start doing it automatically. Once you do this, you will observe that your blood sugar starts normalizing, your BP starts normalizing, your energy levels start improving, your pain starts reducing, and many other medical conditions worsening your life will start improving.

Hence, 'fidget' your way to optimal health and well-being. Let it be a part of the office rule or an integral part of flight safety protocols, which the air hostess demonstrates to the onboard travelers. Let them encourage or remind you to fidget as much as possible so that your calf-muscle pump remains activated and the damage caused to the body, specifically to heart or kidney, due to long hours of sitting during office or travel, can not only be mitigated but also alleviate or reverses these medical conditions gradually.

Spread the message of fidgeting as much as possible to benefit everyone. Let this be a new mantra to maintain your health - 'Fidget your way to good health'!

Section-II

I often distribute the “2nd heart trainers (puppet)” to my patients and friends, which I recommend them to keep on their workstation. It serves as a constant reminder to fidget their legs while sitting which helps in developing leg fidgeting as a habit.



Conclusion

In pursuing wellness, we often concentrate on familiar avenues like diet and regular medical checkups. However, an often-overlooked aspect that plays a pivotal role in our overall health is the often-underrated “second heart.” Beyond the traditional health parameters, envision the body as a well-calibrated system where this secondary powerhouse—akin to a silent partner—holds

profound significance in cardiovascular health and overall well-being.

- **Calf Muscles: The Overlooked Heroes:** Exploring beyond the primary organ—the heart—reveals an intricate interplay where calf muscles, activated by leg movements, contribute significantly to our circulatory system.
- **The Sedentary Lifestyle Dilemma:** In today's sedentary lifestyle, prolonged sitting or standing challenges our circulation. This underscores the importance of continuous leg movements for maintaining optimal blood flow.
- **Fidgeting: The Unrecognized Solution:** Despite being perceived as a distraction, continuous leg fidgeting while seated offers immense health benefits, countering the risks associated with prolonged inactivity.
- **Professions and Leg Movement:** Certain professions necessitate constant leg movement, impacting calf health positively. Conversely, modern advancements affecting leg movement have adversely affected individuals' well-being.
- **Measuring Calf Health:** A simple seated experiment can gauge calf muscle health, highlighting potential dysfunctions that might contribute to various diseases.
- **Research Insights:** Studies have correlated prolonged sitting with increased disease prevalence, while continuous leg movement surprisingly lowers disease incidence, enhancing both circulation and cognitive focus.
- **The Power of Fidgeting:** Fidgeting emerges as a preventative measure against endothelial dysfunction and significantly aids in alleviating symptoms related to chronic kidney issues or oedema.

As we navigate various avenues in the pursuit of optimal health, the vitality of the 'Second Heart' and the significance of continuous leg movement take center stage. It's time to recognize the critical role calf muscles play in our physiological orchestra, embracing fidgeting not just as a habit but as a cost-free and efficient method to foster enduring well-being. Integrating this awareness into our daily routines marks a transformative step toward fostering holistic health.

Section-III

Observational Study: Tailoring-the Healthiest Profession

The observational study ‘Tailoring-the healthiest profession of the world’ was presented on 6th January, 2024 in International conference on the occasion of the 20th anniversary of ‘Vietnam Book of Records’ at Ho Chi Minh city, Vietnam in the presence of 700 delegates from more than 10 countries including Lieutenant General Pham Tuan (Asia’s First Astronaut & Vietnam war Hero) other dignatories are as follows:

- **Associate Professor, Dr. Huynh Thanh Dat:** Member of the Party Central Committee, Minister of Science and Technology.
- **Associate Professor, Dr. Ta Quang Dong:** Deputy Minister of Culture, Sports and Tourism.
- **Mr. Nguyen Bien Thuy:** Judge of the Supreme People’s Court.
- **Major General Tran Thi Be Nhan:** Deputy Director of the Department of Internal Political Security.
- **Mr. Tran Ngoc Tam:** Deputy Secretary of the Provincial Party Committee, Chairman of Ben Tre Provincial People’s Committee.
- **Mr. Nguyen Truc Son:** Standing Vice Chairman of Ben Tre Provincial People’s Committee.
- **Ms. Nguyen Thi Hong Nhung:** Chairwoman of the Vietnam Fatherland Front Committee, Ben Tre Province.
- **Ms. Nguyen Truc Hanh:** Provincial Party Committee member, Standing Deputy Committee of Ben Tre Provincial Party Committee’s Propaganda Committee.
- **Mr. Le Truong Hien Hoa:** Deputy Director of Ho Chi Minh City Department of Tourism.
- **Mr. Truong Quang Hai:** Director of the Department of Culture, Sports and Tourism of Bac Giang province.

Section-III

- **Mr. Duong Hoang Sum:** Director of the Department of Culture, Sports and Tourism of Tra Vinh province.
- **Mr. Pham Van Dau:** Deputy Director of the Department of Culture, Sports and Tourism of Soc Trang province.
- **Mr. Vo Thanh Hao:** Former Secretary of Ben Tre Provincial Party Committee.
- **Mr. Nguyen Van Thien:** Vice Chairman of the Fatherland Front Committee of Khanh Hoa province.
- **Dr. Le Doan Hop:** Former Minister of Information and Communications, Chairman of the Council establishing the Vietnam Record Organization.
- **Dr. Thang Van Phuc:** Former Deputy Minister of Home Affairs, Chairman of the Central Vietnam Record Holders Association.
- **Professor, Academician Hoang Quang Thuan:** Director of Institute of Telecommunications Technology - Vietnam Academy of Science and Technology, Chairman of the Founding Council of Vietnam Record Organization.
- **Hero, Lieutenant General, Astronaut Pham Tuan:** Former Director General of the General Department of Defense Industry - Ministry of National Defense, Honorary Chairman of the Record Planetary System.
- **Dr. Ngo Quang Xuan:** Former Vietnamese Ambassador to the United Nations - Central Vice Chairman of the Vietnam Record Holders Association, Chairman of the Vietnam Household Ceramics Association
- **Dr. Tran Chien Thang:** Former Deputy Minister of Culture, Sports and Tourism, Central Vice President of Vietnam Record Holders Association.

Observational Study: Tailoring-the Healthiest Profession

- **Dr. Tran Ngoc Tang:** Former Deputy Head of the Central Propaganda Department, Former Chairman of the Vietnam Red Cross, Central Vice Chairman of the Vietnam Record Holders Association.
- **Mr. Nguyen Huu Oanh:** Former Deputy Head of the Government Committee for Religious Affairs, Vice Chairman of the Vietnam Record Holders Association.



On the left, Hoang Anh, the Chairwoman of Research Institute of Complimentary Health Sciences (R.I.C.H.S.)

Section-III



In recognition of the insightful observational study, Professor and Academician Hoang Quang Thuan, the Director of the Institute of Telecommunications Technology at the Vietnam Academy of Science and Technology, expressed appreciation by presenting me with a remarkable heirloom. This exceptional gift is a 300-year-old cup that belonged to the Emperor of China Qianlong.

This antique cup, steeped in historical significance, is adorned with intricate Chinese scriptures and crafted from Rhinoceros horn. Its provenance traces back to the era of Emperor Qianlong, adding an extra layer of cultural and historical richness to this esteemed gift. As a token of gratitude, this heirloom cup symbolizes a profound acknowledgment of my valuable contributions and signifies a bridge connecting the contemporary realm of scientific research with the cultural heritage of past centuries.



A Retrospective Observational Study

Dr. Biswaroop Roy Chowdhury

Aim: To find the status of health condition of tailors (working on sewing machine with foot pedal).

Background: It is a proven fact that the job involving sitting for long hours leads to increase in mortality¹ and morbidity² and is one of the major causes of life style diseases. However recently, it is proven that calf muscle pushup³ while sitting causes improved blood sugar level and even fidgeting^{4,5} of legs while sitting has many health benefits and potential to prevent life style diseases. While the tailoring job involves sitting for long hours, but at the same time, action of their feet to make sewing machine work, is synonymous to calf muscle pushups. To work on the sewing machine, they have to continuously move their feet on foot pedal of the machine while sitting. The purpose of this retrospective observational study is to find out if the adverse effect due to long hours of sitting can be mitigated by calf muscle pushups and leg fidgeting.

Sample Size: A total sample size of 250 tailors from and nearby Kurti Nagar, Meerut-UP India, which is the major hub of tailoring business was considered for this study. Tailors of every age group were included (with no age criteria). There were no exclusions.

Questionnaire: The following questions were asked from the tailors and the response was recorded through videography.

1. Name:
2. Age:
3. Address:
4. Number of years working as tailor:
5. Avg. number of hours of work everyday:

6. Any health issues they have:
7. Are they taking any medications for any health issue:
8. Do they have Hypertension or Diabetes:
9. Are they taking any medication for BP or Sugar:
10. Have they experienced any pain in leg or feet:

Methodology: Door-to-door observations were made. Questions were asked verbally and responses were recorded through videography as some of the tailors were uneducated/ illiterate, some of them were unwilling to write the answers as it meant waste of their time.

Minimum Age of the person in the study sample	15 years
Maximum Age of the person in the study sample	70 years
Minimum Years spent in tailoring	3 years
Maximum Years spent in tailoring	45 years
Average numbers of hours spent per day on sewing machine	8 hours
Percentage of Males	89%
Percentage of Females	11%

Result: According to the presented data of 250 tailors, the observational study found that:

1. None of the tailors suffered any kind of illness.
2. None of the tailors were taking any medication for any health issue.

Discussion: Through this observational study, it is concluded that the working professionals whose job involves sitting for long hours, if they include fidgeting in their habit or intermittently perform calf muscle pushups as a part of their sitting habit, then adverse effects of sitting can be mitigated and one can protect, reduce or reverse diseases associated with sitting for long hours. Our result is in line with the previously done UK Women’s Cohort Study⁶. It is

Section-III

also concluded that among all the professions where sitting for long hours is involved, tailoring seems to be the healthiest profession.

References:

1. Van der Ploeg HP, Chey T, Korda RJ, Banks E, Bauman A. Sitting Time and All-Cause Mortality Risk in 222 497 Australian Adults. *Arch Intern Med.* 2012;172(6):494–500. doi:10.1001/archinternmed.2011.2174
2. Mayor S. Prolonged sitting increases risk of serious illness and death regardless of exercise, study finds. *BMJ.* 2015 Jan 19;350:h306. doi:10.1136/bmj.h306. PMID: 25646739.
3. Hamilton MT, Hamilton DG, Zderic TW. A potent physiological method to magnify and sustain soleus oxidative metabolism improves glucose and lipid regulation. *I Science.* 2022 Aug 5;25(9):104869. doi: 10.1016/j.isci.2022.104869. PMID: 36034224; PMCID: PMC9404652.
4. Pettit-Mee RJ, Ready ST, Padilla J, Kanaley JA. Leg Fidgeting During Prolonged Sitting Improves Postprandial Glycemic Control in People with Obesity. *Obesity (Silver Spring).* 2021 Jul;29(7):1146-1154. doi:10.1002/oby.23173. PMID: 34159757; PMCID: PMC8231734.
5. Prolonged sitting-induced leg endothelial dysfunction is prevented by fidgeting. Takuma Morishima, Robert M. Restaino, Lauren K. Walsh, Jill A. Kanaley, Paul J. Fadel, and Jaume Padilla. *American Journal of Physiology-Heart and Circulatory Physiology* 2016 311:1, H177-H182
6. Gareth Hagger-Johnson, Alan J. Gow, Victoria Burley, Darren Greenwood, Janet E. Cade, Sitting Time, Fidgeting, and All-Cause Mortality in the UK Women's Cohort Study, *American Journal of Preventive Medicine*, Volume 50, Issue 2, 2016.

Observational Study: Tailoring-the Healthiest Profession

To access the video evidences of the health status of the participating tailors, go to <https://biswaroop.com/tailoringobservationalstudy>.



Section-IV

Cure for Incurable: Testimonials

Conditions such as leukaemia, psoriasis, end-stage renal failure, or chronic liver failure have long been viewed as irreversible, incurable, progressive, and perilous. However, the reality differs significantly from this perception. The acceleration of these diseases and the decline in a patient's condition often occur upon engaging with allopathic doctors. Unfortunately, individuals are led to believe that worsening health is their fate due to the ineffectiveness of treatments, accepting it as an inevitable outcome of death.

Contrary to this belief, all these supposedly incurable diseases are, in fact, reversible and treatable.

This fact has been substantiated by our students, particularly those who have undertaken medical nutrition courses from Lincoln University, Malaysia and Sridhar University, focusing on Emergency and Pain Management or Circadian Clock and Ayurvedic Panchakarma.

Our N.I.C.E and W.I.S.E experts, along with diabetes educators and CCAP students, have unequivocally demonstrated that these so-called dangerous and irreversible diseases exhibit exacerbated progression under allopathic protocols.

Concrete evidence supporting this perspective can be found in my previous works, "Rabbit-Tortoise Model for Cancer Cure" and "Fish Tank Model for Heart Care." Within the forthcoming pages, you'll encounter stories of patients whose conditions were deemed incurable by conventional medicine, leading to a decline in their health during allopathic treatments.

Upon turning to our students after finding no relief from allopathic methods, they underwent recovery within a few months by adopting the DIP Diet, and GRAD System, and adhering to Circadian rhythm protocols. This reinforces the belief that when illness strikes, avoiding modern hospitals and embracing nature while following the protocols developed by me over recent years

Section-IV

is the most effective approach. The testimonials presented in the subsequent pages are the triumphs achieved by my students. In attaining these victories, my students didn't have the knowledge of Vaso Stimulation Therapy.

However, with the inclusion of these methods in this book and the H.E.L.P. Training Program, their treatment will expand, allowing them to handle emergencies, lifestyle diseases, and pain with increased efficiency and reduced efforts.

These pages serve as evidence that says, "You don't need medication, you need education."

1. Our Medical Nutritionist Dheeraj Gupta H.E.L.P.ed Aditya Jha



Scan the QR code for
video testimonial



Aditya Jha: Blood cancer- Leukaemia (ALL)

Case History

Aditya Jha, a resilient 12-year-old boy from Kolkata, faced a harrowing health journey. In 2020, his battles with joint pain, body aches, weak immunity, fever, and weight loss led to a diagnosis of arthritis. However, his condition worsened despite treatment, escalating to incessant vomiting, increased joint pain, bleeding during motion, and a concerning drop in haemoglobin to a mere 3gm.

Numerous hospital visits failed to yield a correct diagnosis until his family relocated to Patna. There, a bone marrow test unveiled the grim truth: Aditya was battling ALL, a form of blood cancer. 15 gruelling cycles of chemotherapy at Magadh Cancer Centre were prescribed, along with a lifelong medication plan. Yet, the persistent fevers, vomiting, and agonising body and joint pain offered no respite.

A ray of hope emerged when Aditya's uncle discovered our Medical Nutritionist Dheeraj Gupta, who suggested the transformative DIP Diet and simple home remedies to boost Aditya's haemoglobin. Astonishingly, Aditya's health took a positive turn. His lost appetite returned, the pain subsided, and the fever and vomiting disappeared. Fast forward two and a half years, Aditya is now vibrant and robust, free from medications that were once deemed essential. No longer needing blood transfusions, his haemoglobin

Section-IV

levels maintain a healthy range of 12-13 mg/dl. He's out playing and enjoying life like any other carefree child his age.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Blood cancer, fever, Vomiting, joint pain	Cancer-free
Year of Diagnosis	October, 2020	—
Name of the Hospital	Patna's IGMS Government Hospital	—
Medications Taken	Tab Septran DS, Cap Becosules, T Methotrexate, Tab Acivir 400 mg, 6-MP 50 mg	DIP Diet
Intervention / Surgery	Underwent around 15 Chemotherapy sessions	—
Physical Discomforts / symptoms	Incessant Vomiting, fever, joint pain, loss of appetite, weight, hb-3-4.8 gm/dl	Nil
Investigations	Bone marrow test	Hb - 12.3 gm/dl (11.12.23)

Find below what Aditya's father Sonu Jha shared with us through video testimonial:

I am Sonu Jha, hailing from Bihar. I've often heard the prevailing notion that allopathy outshines naturopathy and Ayurveda in effectiveness. I wish to share an incident that occurred in October 2020 involving my nephew, Aditya Jha, then an 8-year-old residing in Kolkata. He suddenly began experiencing severe joint pains, causing him immense suffering. Seeking medical aid, he was taken to a Kolkata hospital where the diagnosis revealed arthritis, initiating treatment. However, over the course of two months, his condition worsened. Advising my brother to return to our village, we sought consultations from multiple local hospitals. Unfortunately, Aditya's ailments—joint pain, vomiting, rectal bleeding, and persistently high fever—remained unresolved.

After numerous hospital visits, we eventually sought help at Patna's IGMS Government Hospital, discovering Aditya's haemoglobin levels had plummeted to 3-4 grams. A bone marrow test unveiled blood cancer, prompting a recommendation for private hospital care. At the private facility, Aditya underwent 15-20 chemotherapy sessions and blood donations four times. The treatments caused severe bodily swelling, incessant vomiting, and hair loss. Post-chemotherapy, he has been prescribed nearly 10-12 medications to take regularly.

During this critical juncture, I came across a YouTube video featuring Dr. BRC discussing the DIP diet. Implementing this diet yielded noticeable improvements. Consequently, I gradually reduced Aditya's medication intake. Witnessing significant relief, I reached out to Dheeraj sir, narrating our ordeal.


Upon hearing our case, Dheeraj sir provided a miraculous solution: a chutney comprising neem, giloy, tulsi, peepal leaves, aloe vera juice, and soaked raisins, to be administered twice daily. Over the past five months of this regimen, Aditya's haemoglobin levels rose to 10-12 mg. He now engages in activities and eats without discomfort, and his hair has regrown.

I am eternally grateful to Dheeraj sir, who selflessly offered his expertise without any charges. He stands as our saviour. I urge everyone not to solely rely on allopathy, which tends to suppress rather than cure ailments. Patients with conditions like high blood pressure, heart issues, or diabetes are often prescribed lifelong medications, deteriorating their health instead of curing them. The healing potential of these natural elements, readily available around us, remains underappreciated due to a lack of awareness. My experience with these natural therapies has yielded miraculous outcomes.

Dheeraj sir's commendable work deserves recognition, and my heartfelt gratitude goes out to him. May he be blessed abundantly.

Section-IV

Find below the details of our medical nutritionist Dheeraj Gupta:

	<p>Name: Dheeraj Gupta Age: 36 years Place: Jaunpur, Uttar Pradesh Profession: Voluntary health service</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ ILI Educator Certification Course from Shridhar University▶ Emergency & Pain Management from Shridhar University	

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

2. Our CCAP Expert Vishal Dev Kumar H.E.L.P.ed David Varghese



Scan the QR code for
video testimonial



David Varghese: Renal Cell Carcinoma, Hypertension, Diabetes, High Cholesterol

Case History

David Varghese, a 60-year-old from Kochi, Kerala, faced a series of health challenges before his diagnosis of Renal Cell Carcinoma in his left kidney in December 2022. Battling chronic stomach issues, hypertension, diabetes, and high cholesterol, he juggled a hefty load of seven medications while weighing 94 kg.

Before the cancer diagnosis, his persistent stomach troubles prompted a visit to the Gastroenterologist at Amrita Hospital in Kerala. An ultrasound revealed an abnormal growth near the kidney, prompting a CT Scan or MRI, which confirmed the presence of Renal Cell Carcinoma. Urgent surgery was recommended, but his high blood pressure posed a risk. Fortunately, surgery was delayed due to a sudden bout of fever and cold.

Amid this turmoil, a friend introduced him to CCAP Expert Vishal Dev Saini, who advocated for the transformative DIP Diet in March 2023. Remarkably, following this dietary regimen, David achieved astonishing results. He not only reversed his diabetes, with his HBA1c dropping from above 7 to an impressive 5.3, but he also experienced a significant weight loss of 8 kg in just 75 days. Previously reliant on seven different medications for his ailments, David now revels in a life free from medication. His blood pressure and blood sugar readings have stabilised, marking a remarkable transformation in his health.

Section-IV

Find below a tabulated summary of David Varghese:

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Renal Cell carcinoma (left Kidney), Hypertension, Diabetes, High Cholesterol	Recovered
Year of Diagnosis	December 2022	—
Name of the Hospital	Amrita Hospital in Kerala	—
Medications Taken	7 medicines (one name not known) Telma 40, Atorva 40, Ecosprin 75, Met XL 25, Nucoxia, Amaryl	1. DIP Diet 2. Earthing Therapies 3. Living Water
Intervention / Surgery	Advised surgery for removing left kidney	Never underwent surgery
Physical Discomforts / symptoms	Severe back ache, pain in abdomen, stomach upset	Nil
Investigations	Blood test, Ultrasound, CT Scan, MRI	No tests have been undergone

Find below an excerpt from video testimonial by David Verghese:

I am David Verghese, a retired Air Force personnel from Kerala, Kochi. In the past, my life was filled with a demanding schedule that led to my weight reaching 94 kg, high blood pressure, diabetes, and various lifestyle-related ailments. During a hospital visit for stomach issues, an ultrasound revealed an abnormal growth alongside my left kidney. Subsequent CT scans confirmed it was a tumour. Doctors recommended the removal of my left kidney to prevent potential spreading.

Seeking multiple opinions, all specialists advised the kidney removal, assuring me of survival with one kidney. I was relying on seven different medications at that time. Initially scheduled for surgery, my travel plans delayed the procedure. On the second

attempt, just before the surgery, the anaesthetist cautioned about potential blood pressure spikes post-anaesthesia. Despite the surgeon's reluctance to take the risk, the surgery was cancelled.

Subsequent attempts were hindered by various factors—once due to my fever and cough, another time due to chest congestion revealed in an X-ray. Amidst this, Maya and a friend recommended naturopathy, introducing me to Vishal. Travelling from Kochi to Agra, I embarked on my naturopathic journey.

Within two months, I ceased all medications, effectively managing my blood sugar, and high blood pressure, and even discontinuing blood thinners. Remarkably, I shed 8 kgs. I plan to undergo a CT scan in a few months to monitor my progress. I owe my sincere gratitude to Maya for this transformative experience.

Find below the details of our CCAP Expert Vishal Dev Kumar:



Name: **Vishal Dev Kumar**

Age: 35 years

Place: Agra, Uttar Pradesh

Profession: Naturopath & Nutritionist

Certifications:

- ▶ Diabetes Educator from Indo-Vietnam Medical Board
- ▶ Code Blue from Lincoln University, Malaysia
- ▶ Vibration Therapy from Shridhar University
- ▶ Circadian Clock and Panchkarma (CCAP) from Dayanand Ayurvedic College, Jalandhar
- ▶ Advance Diabetes Educator

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

3. Our CCAP Expert Subhash Debnath H.E.L.P.ed Biswajit Saha



Scan the QR code for
video testimonial



Biswajit Saha: Diabetes, Gallbladder Stones, Hepatomegaly, Splenomegaly, Thickened Urinary Bladder, Enlarged Prostate

Case History

Biswajit Saha, a 61-year-old gentleman residing in Kolkata, faced a complex health scenario. Initially diagnosed with diabetes and gallbladder stones at Dr. Amitava Basu Smriti Swasthya Raksha Kendra in January 2023, his health concerns snowballed to encompass an enlarged kidney, hepatomegaly, splenomegaly, a thickened urinary bladder, and an enlarged prostate.

Consultations at Carmichael Hospital for Tropical Diseases and Sagore Dutta Hospital led to suggestions for immediate gallbladder surgery, an option Biswajit was hesitant to pursue. Seeking an alternative path, he turned to Natural Arogya Path A.I.I.H.S in Kolkata on March 17, 2023. Under the guidance of CCAP Expert Subhash Debnath, Biswajit embarked on a transformative journey embracing the DIP Diet, Living Water, Zero Volt therapies, Ayurvedic herbs, and adhering to the Circadian Chart.

Remarkably, within just five days of initiating this regimen, his blood sugar levels normalised. In a month's time, all medications became obsolete as his health issues were resolved. Today, Biswajit relishes a medication-free life, devoid of any discomfort, having triumphed over his myriad health challenges through alternative therapies and lifestyle changes.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Diabetes, Gallbladder Stones, Hepatomegaly, Splenomegaly Thickened Urinary Bladder, enlarged Prostate	Completely recovered
Year of Diagnosis	January 2023	—
Name of the Hospital / Clinic	Carmichael Hospital for Tropical Diseases, School of Tropical, College of Medicine Sagore Dutta Hospital Dr Amitava Basu Smriti Swasthya Raksha Kendra	
Medications Taken	Folitrax 15, Folic Acid 15, Clusol 2L, Nevlon Max 2L, ALT, Cal D3	<ul style="list-style-type: none"> ▪ DIP Diet ▪ Zero Volt Therapy ▪ Living Water Therapy ▪ Pranayam ▪ Sunlight ▪ Circadian Chart ▪ Lower Leg Hot Water Immersion Therapy
Intervention / Surgery	Suggested immediate gallbladder surgery	Never underwent
Physical Discomforts / symptoms	Constipation, pain in abdomen through the day, was not able to walk because of pain.	Nil
Investigations	CBC Report, Blood Glucose, Ultrasound (reports available)	The gallbladder stone measured 6.3 mm on February 16, 2023, and reduced to 5 mm by July 12, 2023.


Section-IV

Find below what Biswajit shared with us through this testimonial video:

I battled with gallbladder complications, high blood sugar, thyroid issues, kidney problems, and high cholesterol. However, over the past seven months, I've diligently adhered to Dr. BRC's protocol, and today, I'm in excellent health. Notably, my stones have reduced, prompting my decision to schedule another scan to assess their current condition.

There was a time when my health hindered my ability to walk, leading to a standstill in my business affairs. But now, thanks to this protocol, I lead a life free from these limitations, embracing a return to normalcy.

Find below the details of our CCAP Expert Subash Debnath:

	<p>Name: Subash Debnath Age: 48 years Place: Kolkata Profession: Organic Farming Instructor</p>
<p>Certifications: ▶ Circadian Clock & Ayurvedic Panchkarma from Dayanand Ayurvedic College, Jalandhar</p>	

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

4. Our CCAP Expert Pramod Kumar H.E.L.P.ed Deep Lodaya



Scan the QR code for
video testimonial



Deep Lodaya: Scoliosis with convexity, Delayed milestone, Weak lungs, Seizures

Case History

Deep Lodaya's journey has been marked by resilience from the very start. Born prematurely at just 6.5 months with a weight of 800 gm in Navi Mumbai, she faced an uphill battle with weak lungs, spending 21 days on a ventilator and three months on oxygen support at MGM Hospital in Mumbai in 2006. Despite the challenges, she eventually transitioned home but achieved developmental milestones at a delayed pace.

Over the past two years, she grappled with seizures and relied entirely on her mother for daily activities. However, a turning point came when her mother crossed paths with CCAP Expert Pramod Kumar. Under his guidance, Deep embraced the DIP diet, alongside ZVT and grounding therapy. Remarkably, within just 15 days, she experienced a seizure-free period while witnessing a remarkable surge in strength, energy, and even a newfound radiance in her skin.

Despite a past retinal detachment surgery resulting in vision loss in one eye, signs of progress are evident. Her coordination is improving, reflected in her ability to walk while holding her mother's finger and steadily finding her balance unaided. Deep's remarkable journey is a testament to her resilience and

Section-IV

the transformative impact of alternative therapies under expert guidance.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Scoliosis with convexity, delayed milestone, weak lungs, Seizures	No more seizures
Year of Diagnosis	Since year 2006 (birth)	—
Name of the Hospital	MGM Hospital, Mumbai	—
Medications Taken	In 2006 at time of birth	None
Intervention / Surgery	Surgery for eye detachment	Yes
Physical Discomforts / symptoms	Weak lungs, poor eye vision, seizures, unable to balance	Showing progress in overall health, managing to find some balance within a span of 15 days.
Investigations	Multiple tests were conducted, but the reports are currently unavailable.	No tests have been undergone recently.

Find below an excerpt from video testimonial by Maya (for Deep Lodaya):

I'm Maya, residing in Navi Mumbai, and I'd like to share the journey of my daughter, Deep, who is 17 years old and was born prematurely, relying heavily on my care. She unexpectedly began experiencing epileptic fits, leaving me perplexed about the appropriate medications. Doubting the effectiveness of allopathic treatments, I sought guidance from Pramod Niralaji, initiating treatment around 10-12 days ago.

Since commencing this treatment, Deep has not experienced any epileptic fits. Notably, her strength and energy have surged, radiating through a newfound glow on her face. Previously, when accompanying her to the park, she relied heavily on my

support. But now, she requires significantly less assistance and demonstrates a remarkable ability to balance herself.

The treatments prescribed by Pramod Bhaiya are simple, home-based remedies centred around vegetables, yet their impact has been extraordinarily effective. I earnestly pray for Pramod Bhaiya's well-being and hope he continues to receive blessings, allowing him to extend his healing touch to many others in need.

Find below the details of the CCAP Expert Pramod Kumar who provided guidance, monitoring and care to Deep.



Name: **Pramod Kumar**

Age: 26 years

Place: Kashipur, Uttarakhand

Profession: Naturopath

Certifications:

- ▶ Emergency & Pain Management from Shridhar University
- ▶ Circadian Clock & Panchkarma from Dayanand Ayurvedic College, Jalandhar
- ▶ NICE Expert

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

5. Our CCAP Expert Pankaj Kumar H.E.L.P.ed Ishika Gupta



Scan the QR code for
video testimonial



Ishika Gupta: Chronic Kidney Disease

Case History

Facing chronic kidney disease, this 32-year-old woman from Kanpur confronted a host of distressing symptoms in 2023. Swelling across her face and feet, under-eye puffiness, weakness, vertigo, gastric troubles, and a persistent low energy level plagued her. Seeking answers, she initially consulted a homoeopathy doctor who recommended kidney function tests (KFT), revealing a high creatinine level of 2.2.

Her journey through various medical consultations intensified at Rama Dental Hospital with Dr Kuldeep, who confirmed the elevated creatinine level and presented a grim prognosis of survival—no longer than four years. To ascertain the condition accurately, a biopsy was suggested, leading her to seek guidance from Dr. Gulati at Health Hospital, Kanpur. The biopsy revealed substantial damage, with 36% impairment in both kidneys.

Prescribed allopathic medications by Dr. Gulati for two months proved ineffective and financially burdensome. Turning to Ayurvedic remedies from Sai Sanjeevani, albeit briefly, also yielded no relief. It wasn't until consulting CCAP Expert, Pankaj Kumar, that a transformative path emerged.

Under Pankaj Kumar's guidance, she embraced the DIP diet and HWI therapy, marking a turning point in her health journey.

Three months into this regimen, she emerged symptom-free, experiencing a complete turnaround. Freed from medications, she now leads a life unencumbered by the debilitating symptoms that once shadowed her days.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Chronic kidney disease	Recovered
Year of Diagnosis	Year 2021	—
Name of the Hospital	Rama Dental Hospital, Kanpur, Health Hospital, Kanpur, Sai Sanjeevani	—
Medications Taken	Tab. Telma 20 mg Tab. Pan D 40 mg Tab. Septrin DS Tab. Wysolone 40 mg Tab. Calcium 500 mg	Nil
Intervention / Surgery	Underwent Biopsy	—
Physical Discomforts / symptoms	Vertigo Swelling on face & feet Weakness Gastric problem Low energy level	Swelling around eyes
Investigations	KFT, CBC, Urine routine, USG, Biopsy (reports attached) S. Creat: 2.2 Urea: 48.20 HB: 10.80	KFT Creatinine - 1.7 (Oct 2023)


Section-IV

Find below an excerpt from video testimonial by Ishika Gupta:

I am Ishika Gupta, residing in Kanpur, and for the past two years, I grappled with kidney issues. Despite consulting numerous doctors, their guidance proved fruitless, leading to a worsening of my health due to inaccurate advice. My condition spiralled, leaving me with profound weakness and uncertainty about my survival.

Fortunately, through YouTube, I discovered HIIMS, and therein found Dr Pankaj Kumar. His advice and guidance became my beacon of hope. Following his recommendations, I stand cured today, a result I never dared to imagine. I extend my heartfelt gratitude to Dr Pankaj Kumar for granting me a renewed lease on life.

Find below the details of the CCAP Expert Pankaj Kumar who provided guidance, monitoring and care to Ishika.

	<p>Name: Pankaj Kumar Age: 27 years Place: Kanpur, Uttar Pradesh Profession: Naturopath</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Diabetes Educator from Indo-Vietnam Medical Board▶ Code Blue from Lincoln University, Malaysia▶ Emergency & Pain Management (EPM) from Shridhar University, Pilani, Rajasthan▶ ILL Educator from Shridhar University▶ Circadian Clock and Ayurvedic Panchkarma Therapy (CCAP) from Dayanand Ayurvedic College, Jalandhar▶ Vibration Therapy from Shridhar University▶ Advance Training in Medical Nutrition from Lincoln University, Malaysia	
<p>Note: For detail of the above online certification courses, go to: www.biswaroop.com/courses</p>	

6. Our medical nutritionist Raushan Kumar H.E.L.P.ed Kavindra Pran Nath Dhir



Scan the QR code for
video testimonial



Kavindra Pran Nath Dhir: Psoriasis

Case History

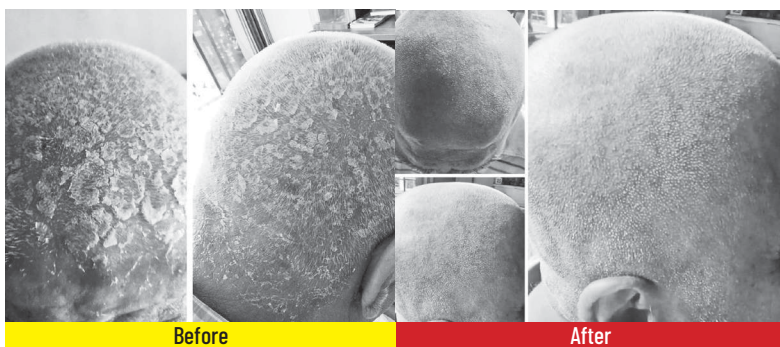
Kavindra Pran Nath Dhir, a 58-year-old from Mumbai, battled persistent psoriasis for two long years, seeking solace from various clinics and hospitals like Sai Ganga Clinic and Dr Pratibha Gupta's Skin Galore. Despite multiple creams and lotions prescribed by different doctors, his condition worsened, becoming notably aggressive and agonisingly itchy, especially on his scalp.

His turning point arrived in October 2022 when he connected with our medical nutritionist, Mr Raushan Singh introduced Kavindra Nath to the transformative DIP Diet, offering guidance on what to incorporate and avoid.

In a remarkably short span of 6 months to one year, Kavindra's psoriasis experienced a complete turnaround. His dedication to the dietary regimen resulted in total recovery, liberating him from the grips of this agonising condition. Today, he revels in a state of complete wellness and relief from the persistent discomfort he once endured.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Psoriasis	Recovered completely
Year of Diagnosis	Year 2021	
Name of the Hospital	Multiple clinics and hospitals like Sai Ganga Clinic, Mumbai, Dr Pratibha Gupta Skin Galore	
Medications Taken	Luliworn cream, Ciclopirox Olamine cream, Lulifin cream, Lulitreat cream, Salisia, Keto lotion and Ayurvedic medicine	1. DIP Diet 2. Earthing Therapies (Sunlight, Sitting bare feet on Grass)
Physical Discomforts / symptoms	Itching, rashes, scaly skin especially scalp	Nil
Investigations	Never underwent any test	Nil



Find below an excerpt from video testimonial by Kavindra Pran Nath Dhir:

I'm Kavindra residing in Bombay, and about 1.5 years ago, I grappled with psoriasis. Seeking solutions, I consulted renowned doctors who prescribed various creams and medications, unfortunately worsening my condition. Despite multiple consultations, relief remained elusive.

It was then that I reached out to BRC's team, and Dr Roshan took charge of my treatment. After diligently following the plan prescribed, I achieved complete recovery after a year. Typically, such recoveries take around three months, but due to errors on my part in adhering to the plan, my healing journey extended to one year. Nevertheless, from a severe state, I am now completely healthy.

This experience taught me the importance of adhering meticulously to the recommended plan to heal any ailment. My sincere gratitude to BRC and the entire team for their invaluable support.

Find below the details of the medical nutritionist Raushan Kumar who provided guidance, monitoring and care to Kavindra Pran Nath:



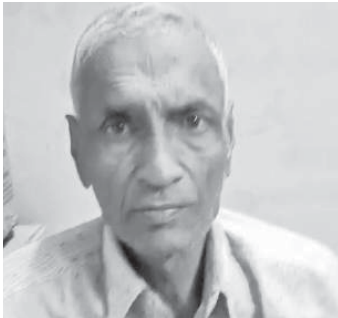
Name: Raushan Kumar
Age: 28 years
Place: Jalandhar, Punjab
Profession: Naturopath

Certifications:

- ▶ Advance training in Medical Nutrition from Lincoln University, Malaysia

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

7. Mr. Jaspal Singh Nagra H.E.L.P.ed Omprakash Madanlal Tawri



Scan the QR code for
video testimonial



Omprakash Madanlal Tawri: Unconscious, Unresponsive for 10 days

Case History

Omprakash Madanlal Tawri, a 73-year-old from Akola, Maharashtra, faced a critical health crisis in August 2021. Stricken with fever and a nagging cough, he was admitted to Maa Multispeciality Hospital, where his condition rapidly deteriorated, rendering him unconscious. Despite a week of medical attention, doctors struggled to diagnose his ailment, leaving him in a comatose state.

Financial constraints compelled the family to bring him home, but hope arrived in an unexpected form—Mr. Jaspal Nagra. Witnessing Omprakash's dire condition, Mr Nagra intervened, advocating for the implementation of the DIP Diet, primarily through liquid nourishment like Mosambi juice and coconut water, administered via a nasogastric tube.

Miraculously, within a mere two days of adhering to the DIP Diet regimen, Omprakash exhibited an astounding recovery. Emerging from unconsciousness, he regained mobility and speech. Committed to the diet prescribed, he embarked on a remarkable journey of healing. Today, he not only leads a healthy life but also surprises everyone by riding a bicycle—an inspiring testament to

the transformative power of a well-guided dietary approach in the face of a challenging medical condition.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Unconscious, unresponsive for 10 days	Recovered completely
Year of Diagnosis	16 August 2021	—
Name of the Hospital	Maa Multispeciality Hospital in Akola	—
Medications Taken	Tab Levoflox, tab Cognix, tab Pyglo, tab Syndopa plus, tab Suprax, Tab Cal 2M	1. DIP Diet (Mosambi juice and Coconut water) 2. Earthing Therapies
Physical Discomforts / symptoms	Unconscious state, was not able to move on his own, was not able to speak	Nil
Investigations	Reports not available	No tests have been undergone recently

Find below an excerpt from video testimonial by Manoj Tawri (for Om Prakash Madanlal Tawri):

In 2021, my father fell severely ill with fever, prompting us to seek medical help in Akola. The doctor advised his admission, but after eight days, his health worsened to a point of paralysis-like symptoms. Unable to diagnose or treat him, the doctors recommended taking him home.

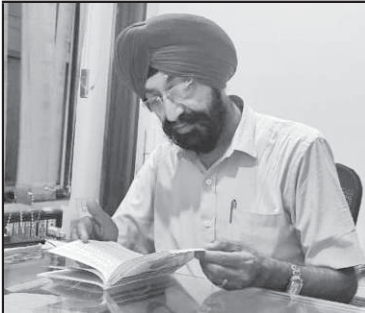
Upon bringing him home, Jaspal Nagra visited us and suggested specific protocols involving coconut water and Mosambi juice. Astonishingly, within 2-3 hours of following this advice, my father showed signs of improvement, regaining consciousness. Continuing with the prescribed protocol, within 24 hours, he miraculously regained the ability to attend to personal needs independently. We also adhered to Dr Biswaroop Roy

Section-IV

Chowdhury's dietary recommendations, leading to his complete recovery.

I am Om Prakash Madanlal Tawri, and the treatments from allopathic doctors caused a rapid deterioration in my health, leaving me puzzled. Thanks to the alternative protocols, I have now regained full health and even ride a bicycle daily.

Find below the details of Mr. Jaspal Singh Nagra:



Name: Jaspal Singh Nagra

Age: 68 years

Place: Akola Maharashtra

Profession: Hotelier

► He is a follower of DIP diet and advocates it extensively.

8. Our CCAP Expert Avneet Kaur H.E.L.P.ed Sahil



Scan the QR code for
video testimonial



Sahil: Oedematous and Thick Gallbladder with Ascites

Case History

Sahil's health scare began with intermittent stomach pain and a perpetual feeling of fullness in October 2022. Despite seeking treatment at a local clinic for fever and pain, his condition persisted. Assurances of a viral ailment prolonged the agony until a sudden, intense pain prompted his parents to rush him to Mata Gujari Hospital in New Delhi.

The diagnosis revealed an oedematous and thickened gallbladder alongside ascites, a concerning revelation. Discharged from the hospital, Sahil's parents sought guidance from their neighbour, CCAP Expert Avneet Kaur. Avneet directed them toward the DIP Diet (RAW), a dietary regimen.

Remarkably, within just five days of adopting the prescribed diet, Sahil's medical reports normalised. Rejuvenated with energy and devoid of pain, Sahil's health took a remarkable turn. Today, he revels in a state of robust health, liberated from the discomfort that once plagued him.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Oedematous and Thick Gallbladder with Ascites	Completely recovered
Year of Diagnosis	October 2022	—
Name of the Hospital	Mata Gujari Hospital, New Delhi	—
Medications Taken	Paracetamol, Antibiotics, Painkillers, names not known	DIP Diet (Raw)
Physical Discomforts / symptoms	Pain in stomach, Fever, Feeling of Fullness	Nil
Investigations	Ultrasound, CBC (reports available)	Ultrasound, CBC (reports available)

Find below an excerpt from video testimonial by Sahil and his mother:

My son Sahil, aged 18, began experiencing excruciating gallbladder pain during meals, accompanied by fever. Concerned, we consulted a doctor and conducted an ultrasound, revealing gallbladder thickness and fluid accumulation in his stomach. Urgently seeking medical aid, we rushed him to Safdarjung Hospital's emergency ward, where he received treatment for a night before being discharged.

Seeking further guidance, I turned to Avneet Kaurji, who recommended a plant-based diet for Sahil. Remarkably, within a week, subsequent tests displayed a complete resolution of all issues, with reports indicating normalcy. Sahil is now free from fever and can comfortably consume meals. Following the prescribed regimen of juices, nut milk, and sprouts exclusively, Sahil remarkably recovered within a mere four days

Find below the details of the CCAP Expert Avneet Kaur:



Name: **Avneet Kaur**

Age: 48 years

Place: Govind Puri, Kalkaji

Profession: Laboratory Technician

Certifications:

- ▶ Advance Training on Nutrition from Lincoln University, Malaysia
- ▶ Circadian Clock & Panchkarma Therapy (CCAP) from Dayanand Ayurvedic College, Jalandhar

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

9. Our CCAP Expert Vishal Dev Kumar H.E.L.P.ed Shikha Modi



Scan the QR code for
video testimonial



Shikha Modi: Thyroid, Varicose Veins, Corns in Feet

Case History

Shikha Modi's health journey was an uphill battle, starting with a brain tumour in April 2021 that led to surgery at Artemis Hospital in July 2021. Alongside this, she grappled with a decade-long struggle with hypothyroidism and endured corn on her feet for 15 years. The pain from these corns made walking and standing unbearable, compounded by varicose veins.

Post-surgery, the left side of her face remained numb, a persistent reminder of her health challenges. However, in January 2023, she discovered CCAP Expert Vishal Dev Kumar. Under Vishal's guidance, Shikha embraced the DIP Diet, and the results were astounding.

Within a mere four months, Shikha experienced a complete reversal of her hypothyroidism, witnessing a full recovery from her corns. The lingering numbness in her face disappeared, leaving her feeling revitalised and brimming with energy. Additionally, she shed 7 kg of weight, a testament to her remarkable health transformation. Today, Shikha revels in her restored health and vitality, freed from the burdens that once weighed her down.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Brain Tumour, Thyroid, Varicose Veins, Corns in Feet	Recovered
Year of Diagnosis	Corns since 2010, Thyroid since 2013	—
Name of the Hospital	She went to multiple hospitals, one of them is Artemis Hospital, Gurugram	—
Medications Taken	Thyronorm 50 mcg	1. DIP Diet 2. Earthing Therapies 3. Living Water
Intervention / Surgery	Advised Surgery for corns in feet	Never underwent
Physical Discomforts / symptoms	Experiencing intense foot pain, unable to walk or stand, alongside numbness on the left side of the face.	Nil
Investigations	MRI, CT scan	No tests have been undergone recently.

Find below an excerpt from video testimonial by Shikha Modi:

Naturopathy became my guiding light, reversing my thyroid condition and curing the corn on my foot, granting me the joy of walking effortlessly, much like a child. Opting for naturopathic healing, I avoided surgical intervention for the corn, allowing it to heal naturally.

Upon learning of my brain tumour diagnosis, I was deeply shaken. Numbness on the left side of my face, a symptom of the tumour, troubled me greatly. However, adhering strictly to a plant-based diet alleviated this discomfort entirely, without the need for any radiation therapy.

Section-IV

Additionally, battling varicose veins restricted my ability to stand for prolonged periods. Thanks to these natural remedies, I now navigate stairs effortlessly, experiencing heightened energy levels. My heart is filled with immense gratitude for this transformative journey.

Find below the details of the CCAP Expert Vishal Dev Kumar:



Name: Vishal Dev Kumar

Age: 35 years

Place: Agra, Uttar Pradesh

Profession: Naturopath & Nutritionist

Certifications:

- ▶ Diabetes Educator from Indo-Vietnam Medical Board
- ▶ Code Blue from Lincoln University, Malaysia
- ▶ Vibration Therapy from Shridhar University
- ▶ Circadian Clock and Panchkarma (CCAP) from Dayanand Ayurvedic College, Jalandhar
- ▶ Advance Diabetes Educator

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

10. Our CCAP Expert Subhash Debnath H.E.L.P.ed Swapna Goswami



Scan the QR code for
video testimonial



Swapna Goswami: Endometrial Cancer, Hypertension, Thyroid, Acidity

Case History

Swapna Goswami's health had been a battle royale, contending with high blood pressure, thyroid issues, acidity, gastric troubles, knee pain, and sleep disorders for over a decade. However, the plot thickened when she received the diagnosis of endometrial cancer after consultations at R.G. Kar Medical College & Hospital and Tata Medical Center in Kolkata in 2022. Doctors recommended chemotherapy, but she chose a different path.

Turning to CCAP Expert Subhash Debnath at Natural Arogya Path A.I.I.H.S in Kolkata in February 2023, she embraced a transformative approach. Embracing the DIP Diet, and therapies, and adhering to the Circadian Chart, she bid adieu to the plethora of medications she had relied on since 2008.

In a miraculous turn of events, Swapna has emerged victorious. Free from medications, she has made a complete recovery, revelling in a life unshackled from the burden of long-term medications. Her journey stands as a testament to the transformative power of holistic lifestyle changes in overcoming even the most formidable health challenges.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition	Endometrial Cancer, Hypertension, Thyroid, Acidity	Completely recovered
Year of Diagnosis	High Blood Pressure, Thyroid, Acidity, Gastric Problem, Knee Pain, Sleep Disorder since 2008. Endometrial Cancer since 2022.	—
Name of the Hospital	R.G. Kar Medical College & Hospital & Tata Medical Center, Kolkata	—
Medications Taken	Rantac 150, Thyronorm (0.75mg), Calcirol, Melatonin (5mg), Telmikind-H, Dexamethasone, Avil	<ul style="list-style-type: none"> ▪ DIP Diet ▪ Zero Volt Therapy ▪ Living Water Therapy ▪ Pranayam ▪ Sunlight ▪ Circadian Chart ▪ Lower Leg Hot Water Immersion Therapy
Intervention / Surgery	Suggested Chemotherapy	Never underwent
Physical Discomforts / symptoms	High Blood Pressure, Thyroid, Acidity, Gastric Problem, Sleeplessness, Knee Pain	Nil
Investigations	Biopsy (reports available)	Not underwent any test


Find below a narration of the video testimonial shared by Swapna:

I'm Swapna Goswami, a resident of Kolkata. In 2022, my life took an unexpected turn when I was diagnosed with cancer. Thankfully, my son introduced me to Arogya Path, where I embraced the naturopathic treatments they recommended.

Today, I am grateful to say that I am completely healthy and well, all thanks to the guidance of Dr. Biswaroop Roy Chowdhury.

When conventional doctors proposed chemotherapy for my mother's cancer, I chose to explore Dr. Biswaroop Roy Chowdhury's naturopathic methods, having read and heard about their effectiveness. Following his protocols diligently, I am ecstatic to share that my mother is now cancer-free. My heartfelt gratitude goes out to Dr Biswaroop Roy Chowdhury for his invaluable contributions to our well-being.

Find below the details of our CCAP expert Subhash Debnath:

	<p>Name: Subash Debnath Age: 48 years Place: Kolkata Profession: Organic Farming Instructor</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Circadian Clock & Ayurvedic Panchkarma from Dayanand Ayurvedic College, Jalandhar	

Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses

11. Our CCAP Expert Pankaj Kumar H.E.L.P.ed Nitin



Scan the QR code for
video testimonial



Nitin: Syphilis, Sinusitis, Kidney stone & other multiple issues

Case History

Nitin's health journey took a turn when he was diagnosed with syphilis and confronted a host of other persistent issues in October 2022. From childhood sinusitis to eruptions and blisters on the skin, mouth ulcers, gastric troubles, poor digestion, ankle pain, hair fall, fatigue, and kidney stones, the list seemed endless. The prognosis from a private clinic in Rohini, New Delhi, was disheartening—no cure in sight, a lifetime of enduring discomfort.

However, a ray of hope emerged when Nitin connected with CCAP Expert Pankaj. Under Pankaj's guidance, Nitin embarked on a transformative journey by adopting the DIP diet. Remarkably, within just four months, Nitin triumphed over his multitude of discomforts, including the longstanding sinusitis. Through dietary changes and holistic approaches, he experienced a remarkable turnaround, shedding the burden of these ailments that once plagued him.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Syphilis, Sinusitis, Kidney stone	None
Year of Diagnosis	In October 2022	—
Name of the Hospital	Private clinic, Rohini, New Delhi	—
Medications Taken	Was suggested several antibiotics but he never started and directly contacted expert Pankaj Kumar	DIP Diet
Physical Discomforts / symptoms	Eruptions & blisters in skin, ulcers in mouth, gastric issues & poor digestion, pain in ankle, hair fall, fatigue, kidney stone	Nil
Investigations	VDRL test positive, reports available	Not undergone any test

Find below the narration from Nitin's testimonial video:

I'm Nitin, based in Delhi. In September 2022, my daughter was diagnosed with typhoid. Having followed BRC sir's videos, I reached out to the N.I.C.E expert number, filled out an online form, and received Pankaj ji's contact. Upon contacting him and detailing my daughter's condition, he promptly initiated her treatment. Remarkably, within just 4 days, her fever subsided, and the typhoid was cured. The guidance and dietary advice provided were commendable.


Both my wife and I sought treatment from BRC's team. I grappled with numerous issues, including skin problems, hair loss, mouth ulcers, gas, knee pain, poor digestion, and persistent colds with sinus troubles. Embracing the DIP diet, I experienced

Section-IV

natural resolutions to all my concerns, gaining improved flexibility. Even my kidney stones dissolve naturally.

The consistent guidance and follow-ups were invaluable. My wife, currently undergoing treatment for being overweight and PCOD issues, has noticed significant changes in her body. Our deepest thanks to Dr BRC and Pankaj ji for their exceptional support.

Find below the details of the CCAP expert Pankaj Kumar:

	<p>Name: Pankaj Kumar Age: 27 years Place: Kanpur, Uttar Pradesh Profession: Naturopath</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Diabetes Educator from Indo-Vietnam Medical Board▶ Code Blue from Lincoln University, Malaysia▶ Emergency & Pain Management (EPM) from Shridhar University, Pilani, Rajasthan▶ ILI Educator from Shridhar University▶ Circadian Clock and Ayurvedic Panchkarma Therapy (CCAP) from Dayanand Ayurvedic College, Jalandhar▶ Vibration Therapy from Shridhar University▶ Advance Training in Medical Nutrition from Lincoln University, Malaysia	

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

12. Our Diabetes Educator Harshit Tiwari H.E.L.P.ed Rashmi Khanger



Scan the QR code for
video testimonial



Rashmi Khanger: Grade IV Brain Tumour

Case History

Rashmi Khanger, Age: 16 years, Place Tikamgarh, MP.

Rashmi Khanger's health journey, narrated through her father Sitaram's mouth, was a heart-wrenching saga that began with a seemingly innocuous boil behind her ears in 2016. Seeking relief, Sitaram took her to the District Hospital in Tikamgarh, only to find conventional treatments ineffective. Thus began an arduous medical odyssey.

From GR Medical College & J.A. Group of Hospitals in Gwalior to AIIMS Bhopal, Rashmi's condition continued to deteriorate despite year-long treatments and surgeries. AIIMS New Delhi eventually uncovered the startling truth—a simple tumour had evolved into widespread cancer, devastating her body. Five agonising years followed, marked by hospital beds instead of school desks as Rashmi fought through various treatments.

A glimmer of hope arose when Diabetes Educator Harshit from our team stepped in, introducing Rashmi to the DIP diet and Zero Volt Therapy protocols. Over the course of a year, these alternative treatments ushered in a remarkable transformation. Today, Rashmi has triumphed over adversity, reclaiming her life and returning to school—a testament to resilience and the power of unconventional therapies in the face of daunting health challenges.

Section-IV

Name of the Hospital/ Clinic	Year	Investigations	Diagnosis	Interventions
District Hospital Tikamgarh	May 2016		Ear of Mass in Rt EAC (External Auditory Canal)	<ul style="list-style-type: none"> Antibiotics & Pain Killers Prescribed
G.R. Medical College & J.A. Group of Hospitals- Gwalior	July 2016 2017	CT Scan	Revealed External Acoustic Canal Inflammation	<ul style="list-style-type: none"> Aug 2016- Operated R MRM/Polypectomy/ Meatoplasty (Ear) Antibiotics Amoxycillin 675,
G.R. Medical College & J.A. Group of Hospitals- Gwalior	2018	HPE (Ear)	<ul style="list-style-type: none"> Benign Angiomatous Polypoidal lesion/ hemangioma 	<ul style="list-style-type: none"> F/B Excision Sx. 13 Oct 2018- repeated Cryo Application of Rt Ear – 15 Dec 2018 pus removed through syringe regularly
Complications Post Sx. Surgery: Facial Nerve Palsy, persisting Ear Discharge				
Bhopal- All India Institute of Medical Sciences	2019	1. CECT 2. MRI	Recurring Tumour	<ul style="list-style-type: none"> Antibiotics & Pain Killers
New Delhi- All India Institute of Medical Sciences	2019-2020	1. Biopsy 2. CECT 3. PET-CT	<ul style="list-style-type: none"> Paraganglioma R- Glomus Juglotympanicum FISCH IV Glomus Jugulotympanicum with carotid body tumour (metastatic) 	<ul style="list-style-type: none"> Medicines & Multiple group discussions Suggested Radiotherapy
Bhopal- All India Institute of Medical Sciences	2020		<ul style="list-style-type: none"> Complaint of Rt Ear Discharge, Abscess 	<ul style="list-style-type: none"> Group discussions Suggested Surgery but with high risk (coma) Repeated Aspirations for Abscess and pus discharge

Find below an excerpt from the video shared by Rashmi and her father Sitaram Khanger:

As Rashmi's father, I sought treatments for her in Tikamgarh and Gwalior. Post-operation, her facial disfigurement impacted her eyes, perplexing doctors for six years. Despite efforts, even AIIMS Delhi couldn't offer a cure. Now, thanks to Dr BRC, Rashmi enjoys a regular life, attending school once more. My heartfelt gratitude to Dr BRC and team for saving my daughter's life.

Find below details of diabetes educator Harshit Tiwari:



Name: Dr. Harshit Tiwari

Age: 36 years

Place: Tikamgarh, MP

Profession: Vision therapist consultant
Optometrist

Certifications:

- ▶ Diabetes Educator from Indo-Vietnam Medical Board

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

13. Our CCAP Expert Murlidhar V. Domde H.E.L.P.ed Ujwala Gawale



Scan the QR code for
video testimonial



Ujwala Gawale: Severe Headache, Insomnia, recurrent fever due to thrombosis in brain

Case History

Ujwala Gawale's three-year struggle with severe headaches, insomnia, body pain, recurrent fever, and digestion issues led her to Lata Mangeshkar Hospital in Hingna, Nagpur, in 2020. Despite undergoing MRI, CT scans, and numerous tests, doctors deemed her condition untreatable, prescribing medications that strained her financially.

However, in August 2023, a ray of hope entered her life through our CCAP Expert Murlidhar V. Domde. Under his guidance, Ujwala diligently adhered to the DIP Diet and various earthing therapies. Gradually, her health began to transform. The persistent headaches vanished, sleep became restful, and digestion issues faded away. One by one, each health concern dissipated, and the recurrent fever became a thing of the past.

Today, Ujwala revels in a healthy, medication-free life, a stark contrast to the years of discomfort she endured. This journey stands as a testament to the remarkable impact of lifestyle changes and alternative therapies in reclaiming one's health and vitality.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Multiple Issues due to Thrombosis in Brain	Completely recovered
Year of Diagnosis	Year 2020	—
Name of the Hospital	Lata Mangeshkar Hospital, Hingna, Nagpur	—
Medications Taken	Nexdom 500 mg, Calcium tablet, Vitamin tablet, Tonic	1. DIP Diet 2. Earthing Therapies
Physical Discomforts / symptoms	severe headache, insomnia, recurrent fever due to thrombosis in brain, dizziness, constipation, weakness	Nil
Investigations	MRI, CT scan	No tests done

Find below an excerpt from a Video Testimonial of Ujwala along with the expert Murlidhar Domre:

Expert - *I'm Murlidhar Domre, a circadian doctor, and today, I'm honoured to introduce you to a patient whose life was transformed through Dr Biswaroop Roy Chowdhury's protocols. Ujwala Gawale battled a brain blockage and emerged completely cured. Initially experiencing severe headaches, she relied on Nexdom 500 medication. However, her headaches worsened, leading to her admission to Lata Mangeshkar Hospital in Nagpur.*

At the hospital, Ujwala underwent a seven-day treatment involving various medications, saline solutions, and vaccines, along with MRI and CT scans, confirming the brain blockage. Advised home care, medications, psychiatric treatment, and the use of a neckband, her daughter sought my help.

Upon our meeting, I prescribed the DIP diet and a daily regimen. Recommending morning sun exposure for an hour, fruit consumption after 8 am, nutritious foods like spinach and beetroot juice during the day, and an early dinner by 7 pm.

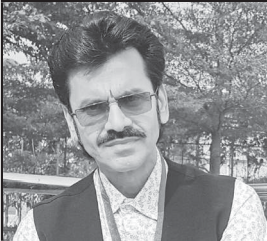
Section-IV

Remarkably, within three days of following this protocol, Ujwala experienced improvements. Her appetite, sleep, digestion, urine output, and bowel movements began normalising.

However, after three days, her headache returned as the effects of her allopathic medication subsided. Introducing lower leg hot water immersion therapy, her headache vanished within half an hour. Continuing this therapy for 15 days, Ujwala hasn't experienced headache since. Today, she leads a vibrant life, having regained her appetite and even resumed employment.

Ujwala – *“I am Ujwala Gawale. Initially advised of heavy medication, psychiatric treatment, and the use of a neckband during my hospitalisation, my condition deteriorated. Seeking guidance from Murlidhar, I adopted the DIP diet and other health protocols. I'm now free from discomfort, and medication, feeling energetic, and back to a normal life. I encourage everyone to prioritise natural approaches, focusing on diet and timing, and to avoid unnecessary medications.”*

Find below the details of the CCAP Expert Murlidhar V. Domde:



Name: Murlidhar V. Domde

Age: 50 years

Place: Nagpur, Maharashtra

**Profession: Gold, Silver and Diamond
Jewellery businessman, Naturopath**

Certifications:

- ▶ Advanced Nutrition Course from Lincoln University, Malaysia
- ▶ Zero Volt Therapy from RICHS Vietnam
- ▶ Diabetes Educator from Indo-Vietnam Medical Board
- ▶ Circadian Clock & Ayurvedic Panchkarma from Dayanand Ayurvedic College, Jalandhar

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

14. Our Diabetes Educator Sunita Kedia H.E.L.P.ed Vineeta Roongta



Scan the QR code for
video testimonial



Vineeta Roongta: Vertigo, Cervical sciatica, Stomach ulcer, IBS, UTI, Depression

Case History

43 years old Vineeta Roongta's enduring battle with vertigo, cervical sciatica since 2002, and a slew of digestive issues like acidity, bloating, back pain, and stomach pain led her on a medical tour through hospitals like Max Hospital in New Delhi and Fortis. Despite multiple consultations and a plethora of medications, relief remained elusive.

In September 2023, Vineeta found solace in our Diabetes Educator Sunita Kedia. Under Sunita's guidance, Vineeta embraced the DIP Diet with unwavering dedication. Remarkably, within a mere three months, Vineeta's health underwent a complete transformation. The once-agonising stomach issues and pains became a thing of the past, liberating her from the shackles of medications, including antidepressants.

Today, Vineeta enjoys a life unencumbered by medicines, revelling in robust health and newfound freedom from the health challenges that once plagued her. This journey stands as a testament to the potency of holistic approaches and dietary changes in restoring one's health and vitality.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Vertigo, Cervical sciatica, Stomach ulcer, IBS, UTI, Depression	Completely recovered
Year of Diagnosis	Cervical Sciatica since Year 2002, Stomach ulcers and Lactose Intolerance diagnosed in June 2023	—
Name of the Hospital	Max Hospital, New Delhi, Fortis Hospital, Gurugram	—
Medications Taken	Antidepressants and many other medicines, names not known	1. DIP Diet 2. Earthing Therapies 3. Sunlight
Intervention / Surgery	Undergone Gallbladder surgery due to severe pain due to infection in the year 2014	—
Physical Discomforts / symptoms	Stomach issues, pain in back, headache, stomach pain, loss of appetite, weight loss, allergic reactions	Nil
Investigations	Blood tests	Not underwent any test now

Vineeta Roongta's transformation journey shared by her through testimonial video:

I'm Vineeta Roongta, 45 years old, and until recently, I grappled with multiple health issues like IBS, lactose intolerance, and a decade-long reliance on depression medication. My health took another hit when I was diagnosed with stomach ulcers, leading to a strict diet and a barrage of medications. However, relief eluded me as I continued to suffer from persistent stomach pain, making eating a challenge.

Fortunately, through a mutual friend, I discovered Sunita Kedia ji. Joining her program marked a turning point in my life. Under her guidance, I underwent a remarkable transformation. Previously plagued by low energy and emotional turmoil, Sunita ji provided comprehensive support—mentally, emotionally, and physically. Engaging in affirmations, meditation, and embracing an early rising routine, within a few days, my disrupted sleep patterns normalised, granting me peaceful nights.

My mornings now commence with a therapeutic ‘kadha’ followed by a nourishing green juice. Connecting with nature, barefoot walks in the park became a rejuvenating ritual—a stark contrast to the confined life I led, overwhelmed by health issues. Wrapping my stomach with ‘gilli patti’ alleviated my stomach pain and bloating, while incorporating millets into my diet proved beneficial. Additionally, performing enemas two to three times a day, as advised, aided in my detoxification journey, leaving me feeling incredibly energised.

Embracing these transformative protocols, I’ve learned to effectively detoxify my body, experiencing a newfound vigour and vitality.

Find below the details of the Diabetes Educator Sunita Kedia:

	<p>Name: Sunita Kedia Age: 64 years Place: Kolkata Profession: Food and culinary artist, Pranic Healer, Sound Healer, Naturopath</p>
<p>Certifications: ▶ Diabetes Educator from Indo-Vietnam Medical Board</p>	

Note: For detail of the above online certification courses, go to: www.biswaroop.com/courses

15. Our CCAP Expert Amrut Singhavi H.E.L.P.ed Valli Sarvar



Scan the QR code for
video testimonial



Valli Sarvar: Lymphoma Cancer

Case History

Vali Sarvar's life took an unexpected turn in 2016 while caring for his mother's bone fracture when he noticed swelling near his eye. Initially dismissing it as a result of air exposure, he overlooked it until his wife pointed out its persistence. Upon visiting an ophthalmologist, the diagnosis of lymphoma cancer was swiftly confirmed via a biopsy.

Commencing treatment in June 2016 at Thakurpukur Cancer and Research Hospital in Kolkata, Vali underwent a rigorous series of chemotherapy cycles—six followed by an additional eight for maintenance between 2016 and 2018. Scheduled follow-ups were disrupted by the onset of the pandemic, leaving him stranded in Masjid.

During this time, Vali encountered CCAP Expert Amrut Singhavi. Finding hope in this new approach, Vali committed himself to the DIP diet, gradually opting out of his allopathic treatment. To his amazement, noticeable improvements followed swiftly as cysts on his body began to subside. He was advised for regular follow-up and medical test but now it's been 4 years since allopathic treatment completely abandoned.

This turn of events signifies the transformative potential of alternative approaches and the profound impact they can have on

health outcomes, offering Valli newfound hope and relief from the challenges posed by his condition.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Lymphoma cancer	Completely recovered
Year of Diagnosis	Year 2016	—
Name of the Hospital	Thakurpukur cancer and Research Hospital, Kolkata	—
Medications Taken	Took several Medicines till 2019 but names not known	DIP Diet
Intervention / Surgery	Underwent 6 Chemotherapy with a gap of 21 days between each cycle, 8 maintenance chemo with a gap of 3 months since 2016 to 2018.	—
Physical Discomforts / symptoms	Swelling near his eye	Nil
Investigations	Biopsy, PET scan, Bone marrow test, ECG	Not underwent any test now

Find below a narrative from the testimonial video shared by Valli Sarvar:

I am Valli Sarvar from Ranchi. About a year ago, I began experiencing swelling in one of my eyes, accompanied by swelling in the gland. Upon closer examination, I noticed an internal growth-like formation. Seeking medical advice, I visited an ophthalmologist who promptly recommended a biopsy and surgery. Post surgery the biopsy results revealed lymphoma cancer, leading me to Kolkata's Thakurpukur Cancer Research Hospital. A series of tests, including PET scans, MRIs, and a painful bone marrow test, followed. In June 2016, I commenced


Section-IV

six rounds of chemotherapy, later advised to continue with maintenance chemo for two years.

Regular hospital visits for reviews were disrupted by the onset of the Covid-19 pandemic. It was during this time that I was introduced to the DIP diet. Committed to it diligently for over three months, I witnessed remarkable changes. Cysts that had developed in my stomach post-cancer treatments, disappeared. Since October 2019, I haven't taken any medication or visited hospitals. Embracing the DIP diet for five years, I am now entirely free from cancer.

Having successfully guided others through the DIP diet, and witnessing its tremendous benefits, I urge everyone to strictly adhere to this transformative diet regimen.

Find below the details of the CCAP Expert Amrut Singhavi:

	<p>Name: Amrut Singhavi Age: 46 years Place: Amravati, Maharashtra Profession: Naturopath</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Diabetes Educator from Indo-Vietnam Medical Board▶ Emergency and Pain management from Shridhar University▶ CCAP from Dayanand Ayurvedic College, Jalandhar▶ Vibration Therapy from Shridhar University▶ Code Blue from Lincoln University, Malaysia	

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

16. Our Diabetes Educator Ashutosh Mittal H.E.L.P.ed Ruchi Dahiya



Scan the QR code for
video testimonial



Ruchi Dahiya: Chronic Kidney disease, Transplant

Case History

37 years old Ruchi Dahiya's health journey has been marked by significant challenges. Following a miscarriage in 2019, she discovered her underlying kidney disease, leading to a recommended kidney transplant at Indraprastha Apollo Hospital in October 2020. Unfortunately, her health deteriorated once again, facing a BK virus infection within a year and a half post-transplant. This prompted dialysis and discussions about another transplant.

Amidst preparations for fistula implantation for dialysis, Ruchi's path crossed with Diabetes Educator Mr. Ashutosh Mittal. Consequently, Ruchi embraced the DIP diet and gradual therapies under his guidance. This shift in approach has opened new possibilities, offering hope and potential relief from the challenging health issues she has faced.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Kidney failure, advised immediate dialysis & transplant	Recovered
Year of Diagnosis	October 2020	—
Name of the Hospital	Indraprastha Apollo Hospital	—
Medications Taken	Dytor, Wysolone, Dilzem, Lefra, Arkamas, Alen, Rantac	1. DIP Diet 2. HWI Therapy 3. HDT Therapy
Intervention / Surgery	Kidney transplanted once & advised 2 nd time	Not undergone any surgery second time
Physical Discomforts / symptoms	Tiredness, fatigue, swelling around eyes	Negligible
Investigations	Biopsy	Not underwent any test

Find below the details of Diabetes Educator Ashutosh Mittal:

	<p>Name: Ashutosh Mittal Age: 46 years Place: Faridabad, Haryana Profession: Business of Medical Equipments</p>
<p>Certifications: ▶ Diabetes Educators Certification from Indo Vietnam Medical Board</p>	

**Note: For detail of the above online certification courses, go to:
www.biswaroop.com/courses**

17. Our CCAP Expert Rajesh Kumar Yadav H.E.L.P.ed Arun Thakur



Scan the QR code for
video testimonial



Arun Thakur: Heart Blockage, Diabetes, Hypertension

Case History

Arun Thakur's health took a serious turn with the dual challenges of diabetes and hypertension, reflected in alarmingly high blood sugar readings and chest pain before the lockdown in 2020. Upon seeking medical attention at Patna Hriday Rog Sansthan, tests confirmed heart blockage, necessitating surgery. Financial constraints, however, compelled Arun to forgo this recommended procedure.

Fortunately, he found guidance and support through our CCAP Expert Mr. Rajesh Kumar Yadav. Rajesh's counsel led Arun to adopt the DIP Diet fervently, prompting him to discard all medications.

In 2023, reassessment at Patna Hriday Rog Sansthan revealed a remarkable turnaround—no blockage or heart issues were detected. Arun's triglyceride levels notably improved from 399 to 177, and his blood sugar readings showed significant positive changes, with fasting levels at 105 and postprandial at 131.

Today, Arun basks in the glow of a healthy, medication-free life, a testament to the transformative power of lifestyle changes and dedicated adherence to the DIP Diet, providing a remarkable shift in his health outcomes.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Heart Blockage, Diabetes, Hypertension	Completely recovered
Year of Diagnosis	Year 2020	—
Name of the Hospital	Hriday Rog Sansthan, Patna	—
Medications Taken	Atorva, Clopitab, Atchol 40, Concor, Glycomet, Atorfit, Rosutor gold, Torsigard Plus, Azulix, Tensorian M, Argivit, Montezine	DIP Diet
Intervention / Surgery	Advised Heart Surgery but never Underwent	—
Physical Discomforts / symptoms	Chest Pain, High BP and Blood Sugar readings which lead to stress	Nil
Investigations	ECG, Echo, CBC (reports with Doctor)	Echo, ECG, CBC

Find below the narration from Arun Thakur’s testimonial video:


I’m Arun Thakur. I encountered a severe heart attack alongside diabetes, prompting doctors to recommend surgery. However, financial constraints held me back from pursuing the procedure, compelling me to seek financial assistance. It was during this time that I met Rajesh Kumar Yadav, who offered me an alternative path to healing.

Rajesh Kumar Yadav advised me to discontinue all medications and adopt the DIP diet. This dietary regimen involved the consumption of fruits and various green juices. For the initial three days, I solely consumed fruits and salads. Following this, I transitioned to 1 kg of fruits and one substantial meal a day.

Regular monitoring through blood sugar, blood pressure, and cholesterol tests revealed remarkable improvements, all

indicating normal levels. Astonishingly, I received advice from the doctor that surgery was no longer necessary. Presently, 50% of my diet comprises raw food, significantly improving my overall well-being, and leaving me feeling rejuvenated and content.

Find below the details of the CCAP Expert Rajesh Kumar Yadav who provided guidance, monitoring and care to Arun Thakur:

	<p>Name: Rajesh Kumar Yadav Age: 50 years Place: Munger, Bihar Profession: Naturopath</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Advanced Medical nutritionist▶ Emergency and Pain management from Shridhar University▶ Circadian Clock & Ayurvedic Panchkarma from Dayanand Ayurvedic College, Jalandhar▶ Vibration Therapy from Shridhar University▶ Zero Volt Therapy from RICHS Vietnam	

Note: For detail of the above online certification courses, go to: www.biswaroop.com/courses

18. Our Diabetes Educator Yogesh Mittal H.E.L.P.ed Sunil Daga



Scan the QR code for
video testimonial



Sunil Daga: Long Term Sinusitis

Case History

Sunil Daga's battle with continuous sneezing and a persistent runny nose, symptoms that plagued him since 2011, led him on a lengthy medical pursuit through multiple clinics in Jaipur. Despite trying numerous allopathic medications, relief remained elusive. In 2017, he opted for sinusitis surgery at SMS Hospital, hoping for respite, but to no avail—the symptoms persisted unchanged.

Finally, in 2019, a turning point arrived in the form of Diabetes Educator Yogesh Mittal. Under Mr. Yogesh's guidance, Sunil embraced the DIP Diet and integrated earthing therapies into his routine. Committed to these holistic approaches, he gradually weaned off all medications.

Today, Sunil revels in complete recovery, is freed from the shackles of medications, and enjoys a healthy, medication-free life. This journey stands as a testament to the transformative potential of lifestyle modifications and alternative therapies in combating persistent health issues.


	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Long Term Sinusitis	Completely recovered
Year of Diagnosis	Year 2019	—
Name of the Hospital	SMS Hospital, Jaipur and many other private clinics in Jaipur (names not known)	—
Medications Taken	Cetirizine, Allegra and many other antibiotics and anti allergic medicines (names not known)	1. DIP Diet 2. Sunbath 3. Pranayam
Intervention / Surgery	Undergone Surgery for Sinusitis in 2017	—
Physical Discomforts / symptoms	Recurrent and continuous sneezing and running of nose	Nil
Investigations	Several tests including X-ray, MRI	Not undergone any test

Find below the narration from Sunil Daga's testimonial audio:

Hello, I'm Sunil Daga from Jaipur, Rajasthan. I struggled with sinusitis for years, experiencing regular sneezing and a runny nose. Despite trying various allopathic and ayurvedic treatments without success, I eventually learned about Dr. Chaudhary and decided to follow his DIP diet under the guidance of Yogesh Mittal Ji. Following the diet, I faced challenges, but I persevered, not knowing if I would fully recover. Surprisingly, I witnessed a remarkable transformation in my health, achieving a 100 percent recovery. The internal improvements brought about by the DIP diet made me resilient, and I no longer feel the impact of the disease as strongly. While it's not a guarantee against getting sick, the diet has equipped me to effectively fight and manage certain health issues.

Section-IV

Find below the details of Diabetes Educator Yogesh Mittal Ji who provided guidance, monitoring and care to Sunil Daga:

	<p>Name: Yogesh Mittal Age: 62 years Place: Jaipur, Rajasthan Profession: Software, Mining, Mineral Processing Business</p>
<p>► Mr. Yogesh Mittal is a follower of DIP diet and advocates it extensively for last one decade.</p>	

19. Dr Prayag Pandya H.E.L.P.ed Biren Shah



Scan the QR code for
video testimonial



Biren Shah: Chronic Liver Failure, BP and Diabetes

Case History

Biren Shah's health took a tumultuous turn when diagnosed with liver failure and hypertension in October 2022. Preceding this diagnosis, he grappled with a range of distressing symptoms: vomiting, disrupted sleep, bloating, stomach pain, and bleeding in stool, enduring these issues for five long years under regular medication.

Seeking a breakthrough, Biren connected with Dr Prayag Pandya at AUM Hospital. Under Dr. Pandya's guidance, Biren committed himself to the DIP Diet and therapeutic approaches. Through this regimen, he experienced a remarkable turnaround, finding complete recovery and now leads a healthy, medication-free life. This transformation is a testament to the profound impact of lifestyle modifications and holistic therapies in reclaiming health and vitality.

Section-IV

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Chronic Liver failure	Recovered
Year of Diagnosis	October 2022	—
Name of the Hospital	Not Known	—
Medications Taken	Liv 52, Amlodipine, syp Lactulose, supplements like folic acid, calcium, Vit D	Nil
Physical Discomforts / symptoms	Vomiting, bleeding in stool, altered sleep, dizziness, restlessness, discoloration of urine	90% improvement
Investigations	LFT	Not undergone any test

Find below the narration from Biren Shah's testimonial video:

Dr Prayag: *Hello. can you please tell your name?*

Patient: *My name is Biren Shah.*

Dr Prayag: *Can you please describe your problem?*

Patient: *I have liver cirrhosis.*

Dr Prayag: *You were taking medicines for liver cirrhosis, BP and diabetes, right?*

Patient: *Yes.*

Dr Prayag: *When you came to Aum Hospital which therapies were provided to you?*

Patient: *I was given oil basti, hot water immersion bath, ozone therapy, jal neti eye wash, shirodhara, nasya, etc.*

Dr Prayag: *How many days' treatment was given?*

Patient: *I was given 7 days of treatment and I am feeling very good.*

Dr Prayag: *Can you brief what change do you feel?*

Patient: *My stomach bloating decreased and weight reduced, energy increased.*

Body is more relaxed and feels light...70-80% improvement we got in very short time. When we came here eyes seem yellowish which is now normal, metabolism improved. We are thoroughly satisfied with the treatment and I must say that Dr Prayag and his entire team has been very caring and supportive. We are happy that we came to AUM Hospital and I heartily say that we have got the desired result and we are leaving from here happily. It's been amazing experience, as we are leaving, we don't feel like leaving this place as we felt like living with family.

Dr Prayag: *What advise do you give to other patients?*

Patient: *I would recommend every chronic disease patient that you can trust Aum Hospital and its team will take care of you as if family. Each therapy is very effective to the body, if you have diabetes or BP or liver or kidney problem, you will get great result. My stomach and pain has reduced more than 70% and I'm very well now.*

Dr Prayag: *We are glad that you are happy with our treatment, thank you.*

Find below the details of Dr Prayag Pandya who provided guidance, monitoring and care to Biren Shah:



Name: Dr Prayag Pandya

Age: 28 years

Place: Baroda, Gujarat

Profession: MBBS, MD (Medicine) Consultant Physician

Dr & runs own Private hospital named AUM Hospital & Assistant Professor at Sumandeep Medical College at Baroda

- ▶ Dr. Prayag Pandya was a participant of my 72 hrs residential program and also advocates DIP diet and GRAD systems to his patients.

20. Our CCAP Expert Amrut Singhavi H.E.L.P.ed Naresh Prasad Jaiswal



Scan the QR code for
video testimonial



Naresh Prasad Jaiswal: Chronic Kidney Disease, Hypertension, Diabetes

Case History

Naresh Prasad Jaiswal, a 66-year-old resident of Dhanbad, Jharkhand, faced challenges with hypertension since 2013 and diabetes since 2006. Despite prolonged use of allopathic medications, including 55 units of insulin per day, he encountered additional health issues such as hair loss and extreme weakness after recovering from Covid. Seeking solutions, he visited multiple hospitals, underwent various tests, and was diagnosed with chronic kidney disease in 2022 when his kidney function parameters indicated a creatinine level of 8.

While doctors recommended dialysis, Mr. Jaiswal opted for an alternative approach. He sought treatment at HIIMS Dera Bassi and, after a 5-day admission in August 2022, connected with CCAP Expert Amrut Singhavi. Under Singhavi's guidance, Mr. Jaiswal adopted the DIP Diet and GRAD therapies at home diligently.

The results have been remarkable. Mr. Jaiswal's creatinine levels decreased from 8 to 2.5, his hair regrew, and remarkably, turned black at the age of 66. Additionally, his insulin intake has been significantly reduced from 55 units to 10 units (if required). This success story highlights the transformative impact of alternative

therapies and lifestyle changes on Mr. Jaiswal’s overall health and well-being.

	Before Starting DIP Diet & Therapies	Status at the time of Publishing this book (January 2024)
Medical condition / Diagnosis	Chronic Kidney Disease, Hypertension, Diabetes	Completely recovered
Year of Diagnosis	Kidney Disease since Year 2022 Hypertension since 2013 Diabetes since 2006	—
Name of the Hospital	AIG Hospital, Hyderabad Christian Medical College and Hospital, Vellore	—
Medications Taken	Insulin 55 Units a day and also took several allopathy medicines (names not known)	1. DIP Diet 2. HWI Therapy 3. HDT Therapy 4. Insulin 10 units (if required)
Physical Discomforts / symptoms	Was very weak not even able to walk 5 steps, Hair Loss	Nil
Investigations	KFT test	KFT test



Section-IV

Find below a narrative from the testimonial video shared by Naresh Prasad Jaiswal:


I am Naresh Prasad Jaiswal, a sixty-six-year-old individual who was informed by doctors that I needed to undergo dialysis. However, I was hesitant about this procedure and decided to seek an alternative at HIIMS Dera Bassi Hospital. There, I opted for water therapy, and the relief I experienced prompted me to invest in the GRAD Tub.

At the time of my kidney disease diagnosis, my creatinine level ranged between 7-8. Following the therapy, my creatinine level drastically decreased to 2.5. I now feel exceptionally healthy, avoiding the need for dialysis, and even witnessed a reduction in my insulin dosage. Previously, I used to take 35 units at night and 20 units during the day, but now I only require 10 units, sometimes taking insulin as needed.

Previously, walking even a few steps was challenging for me, but now I cover 4 km daily during morning walks. An unexpected and remarkable change occurred as my hair started regrowing in previously bald patches, and remarkably, the new hair was black.

I currently experience a heightened sense of energy and attribute these positive changes to the GRAD Tub. It is indeed a magical product that yields miraculous results, addressing not only one ailment but several. Disregard any rumours or misinformation; this tub is a valuable addition to any home, particularly for individuals dealing with chronic kidney diseases and other health issues. I strongly recommend it to everyone.

Find below the details of the CCAP expert Amrut Singhavi:

	<p>Name: Amrut Singhavi Age: 46 years Place: Amravati, Maharashtra Profession: Naturopath</p>
<p>Certifications:</p> <ul style="list-style-type: none">▶ Diabetes Educator from Indo-Vietnam Medical Board▶ Emergency and Pain management from Shridhar University▶ CCAP from Dayanand Ayurvedic College, Jalandhar▶ Vibration Therapy from Shridhar University▶ Code Blue from Lincoln University, Malaysia	
<p>Note: For detail of the above online certification courses, go to: www.biswaroop.com/courses</p>	

Dr. B's **Manually Dehusked** **Unpolished Organic Foxtail Millets**

These are not just regular foxtail millets; these are manually dehusked, unpolished organic foxtail millets. This is a perfect way to get a great taste while reclaiming your health with the help of Dr. Biswaroop Roy Chowdhury's recommended diet.



Net Wt.: 4.5 kg

MRP: ₹ 1000

Buy online at:
www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.

413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
Mob.: +91-9312286540 E-mail: biswaroop@biswaroop.com

To visit Dr. BRC's Banned Youtube Channel

go to

www.biswaroop.com/mydeletedyoutubechannel

&

for all new videos
go to



www.coronakaal.tv

Did you get cured with
Dr. Biswaroop Roy Chowdhury's

DIP Diet / N.I.C.E Protocol / Postural Medicine

If yes, please support Dr. BRC
by sharing your videos testimonials

@Whatsapp: 9871186229

ZERO VOLT SANDAL



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

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

Buy online at: www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.

413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
E-mail: biswaroop@biswaroop.com

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

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

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

To consult Dr. BRC, go to www.biswaroop.com/VOPD

Read/Subscribe

Fortnightly

Digital Magazine



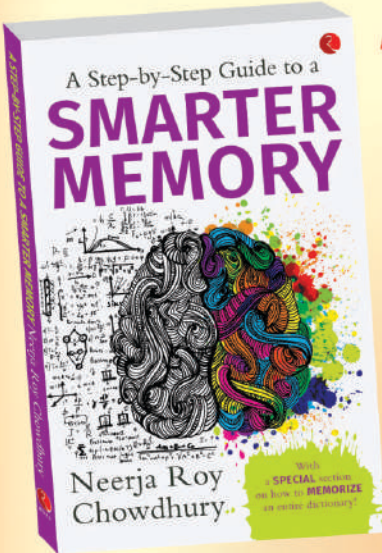
Chief Editor: Prof. Ainapur Purushottam

To read, go to:

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:

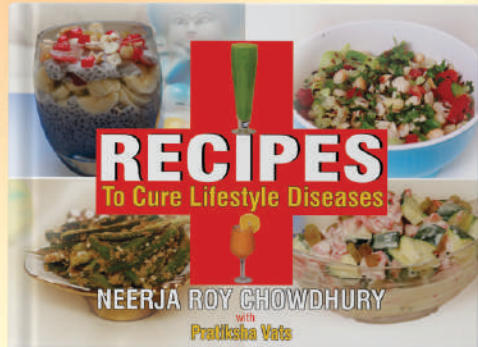
- Memorize a dictionary
- Never forget any appointment
- Recall every formula correctly
- Remember the shopping lists, birthdays and anniversaries etc.
- Overcome absent mindedness
- Memory techniques to achieve career goals
- Secure better marks in every exam

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

Log on to 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

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 10 mins
- 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, Sector-68, IMT,

Faridabad-121004 (Haryana) - India

Mobile No.: +91-9312286540

E-mail: biswaroop@biswaroop.com

Log on to www.biswaroop.com/shop to buy products



Code Blue Certification Training

(Protocol To Reverse And Manage Chest Pain, Heart Attack And Cardiac Arrest)

Overview: Aim of the training is to equip the clinicians and the layman with the skills to successfully manage and revive a chest pain, heart attack, and cardiac arrest victim. It is an evidence-based training with reference from more than 100 research papers (available in Pubmed) since the propagation of Cardiopulmonary Resuscitation, which started in the early 1960s.

Duration: One-month certification course

Content:

- 1) History of Cardiac Resuscitation
- 2) Diagnosing a cardiac arrest
- 3) Principle of Cardiac Resuscitation
- 4) Cardiac compression technique
- 5) Comparison of popular CPR vs Cardiac Compression
- 6) Principle and practice of automated external defibrillator
- 7) The latest evidence base of the widespread practice of :
 - a) Oxygen therapy
 - b) Administering epinephrine
 - c) Percutaneous coronary intervention (PCI)
 - d) Bypass Surgery
8. A 3 Step protocol to manage
 - a) Chest Pain
 - b) Heart Attack
 - c) Cardiac Arrest (AED required)
9. Prevention of future chest pain/heart attack/ cardiac arrest
10. CME & practice to be a successful "Code Blue Trainer".

Training material:

- 1) Code Blue Trainer's Reference Book.
- 2) Cardiac compression training tool
- 3) Code Blue Trainer's practice T-shirt.



Course Fee:

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

Mode of Training:

- 1) Training through online / video modules
- 2) Practice & evaluation through online / video conferencing

To register go to www.biswaroop.com/codebluetraining

CALL US : +91-9312286540 MAIL US: biswaroop@biswaroop.com



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

CALL US: +91-9312286540 MAIL US: 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**

For more detail:

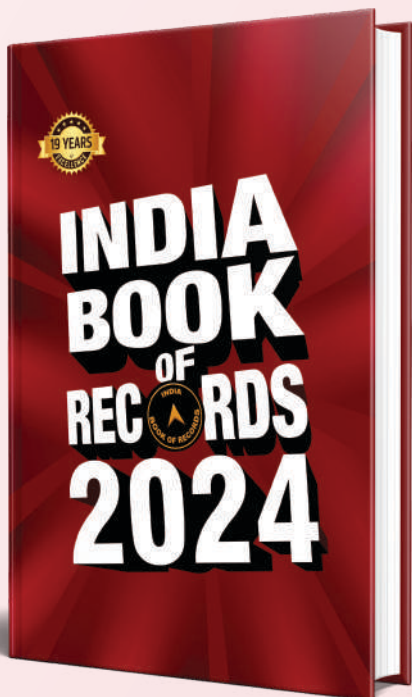
Mail us: **biswaroop@biswaroop.com**

Call & WhatsApp us: **+91-9312286540**

Extraordinary Feats...



...Extraordinary People



**For making or breaking a record
go to www.indiabookofrecords.in/apply**



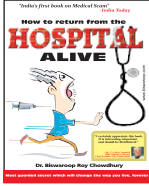
India
Book of Records

413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
Mob.: +91-99994 36779, E-mail: ibr@indiabookofrecords.in
Website: www.indiabookofrecords.in

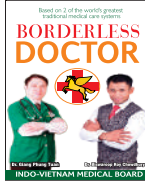
Books by Dr. Biswaroop Roy Chowdhury



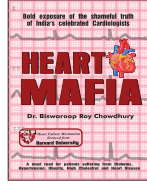
Price: ₹ 250/-
(Courier charges extra)



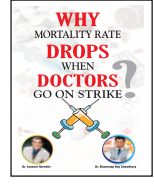
Price: ₹ 95/-
(Courier charges extra)



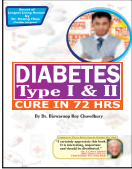
Price: ₹ 150/-
(Courier charges extra)



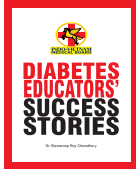
Price: ₹ 150/-
(Courier charges extra)



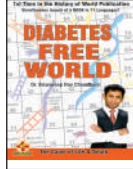
Price: ₹ 200/-
(Courier charges extra)



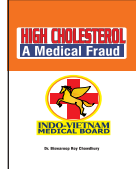
Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 195/-
(Courier charges extra)



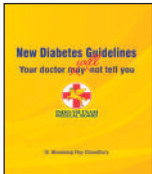
Price: ₹ 100/-
(Courier charges extra)



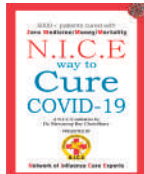
Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



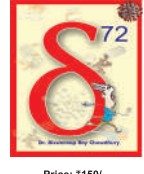
Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



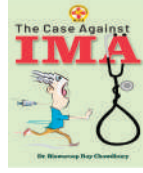
Price: ₹ 190/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



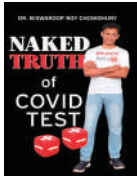
Price: ₹ 150/-
(Courier charges extra)



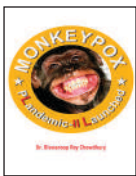
Price: ₹ 150/-
(Courier charges extra)



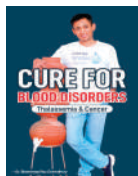
Price: ₹ 225/-
(Courier charges extra)



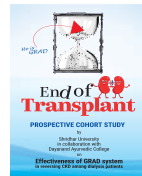
Price: ₹ 200/-
(Courier charges extra)



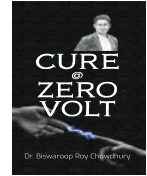
Price: ₹ 100/-
(Courier charges extra)



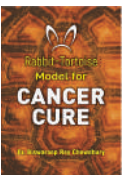
Price: ₹ 200/-
(Courier charges extra)



Price: ₹ 200/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 350/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)

Buy online at: www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.

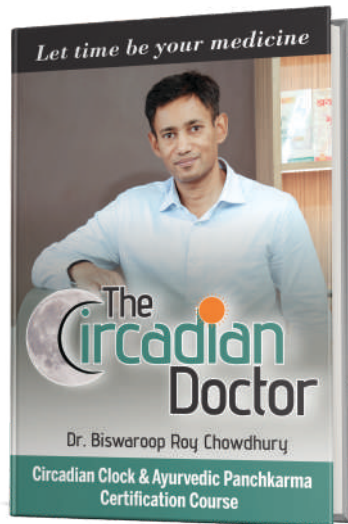
413A, Sec-68, IMT, Faridabad-121004 (Haryana)-India

Mob.: +91-9312286540

E-mail: biswaroop@biswaroop.com

(Available in Hindi/English, in leading online stores)

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.



Available in all major online stores

Two Months Online Certification Training



on
Emergency & Pain Management
from
Shridhar University



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

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

SPECIAL ATTRACTIONS!

**Bypass Kidney / Liver transplant
&
get freedom from dialysis with**



To register, go to 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

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

Dynamic Memory Pvt. Ltd.

413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)

E-mail: biswaroop@biswaroop.com

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



Preventing Fainting Incidents During School Assemblies

It is not uncommon for individuals to experience fainting at least once in their lives, with every third person having encountered such an episode.

In the context of school assemblies, understanding why children faint is crucial. Prolonged standing in one position during an assembly can lead to the pooling of blood in the leg veins, causing a temporary drop in oxygen-rich blood flow (a decrease in blood pressure to the brain), even in otherwise healthy children.

Preventing Fainting

To mitigate the risk of fainting during school assemblies, consider the following preventive measures:

1. Stay Hydrated

Ensure that children drink an adequate amount of fluids, especially in hot weather. Dehydration can diminish blood volume, subsequently lowering blood pressure.

2. Activate Calf Muscles

- ▶ Encourage children to activate their 'Second Heart' – the calf muscles – by shifting their weight from one leg to the other when standing for prolonged periods.
- ▶ Advise students to move their toes regularly if they find themselves standing for an extended duration. This helps in maintaining blood circulation.

- ▶ Teach children to be aware of the early signs of pre-syncope, such as dizziness, lightheadedness, nausea, sweating, or blurred vision. If these symptoms arise while standing, instruct them to cross their legs and simultaneously tense the muscles of arms and legs.

- ◀ If the symptoms persist after crossing legs for more than 10 seconds, the child should immediately squat to prevent fainting.



Assistance for a Fainted Child

In the unfortunate event that a child faints during an assembly, follow these steps:

1. Elevate Legs

Raise the child's legs, keeping them approximately one foot above chest level, while they lie down. This aids in restoring blood flow to the brain.



2. Clear Airway

If the child has food in their mouth, place them on their side with their face turned towards the floor to prevent choking.



The 2nd Heart

3. Provide Fluids

Once the child regains consciousness, offer them water or coconut water to rehydrate.

By adopting these preventive measures and knowing how to respond effectively, schools can minimise the occurrence of fainting incidents during assemblies, ensuring the well-being of their students.

References

Physical countermeasures to increase orthostatic tolerance, W. Wieling, N. van Dijk, R. D. Thijs, F. J. de Lange, C. T. Paul Krediet, J. R. Halliwill. First published: 04 April 2014 <https://doi.org/10.1111/joim.12249> Citations: 66.

Management of Vasovagal Syncope; Controlling or Aborting Faints by Leg Crossing and Muscle Tensing; C.T. Paul Krediet, Nynke van Dijk, Mark Linzer, Johannes J. van Lieshout and Wouter Wieling. Originally published: 3 Sep 2002 <https://doi.org/10.1161/01.CIR.0000030939.12646.8F> Circulation. 2002; 106:1684–1689.