

## CHALLENGING CASES TREATED WITH POSITIVE OUT COME

### Case – 1

#### A feedback in Patient's own words

**Age:** 46

**Gender:** Female

**Location:** Hyderabad

**Diagnosis:** Diagnosed with Multiple Myeloma in Oct 2011

**Jan 2012:** Underwent Autologous Stem Cell Transplant at Apollo Hospital, Hyderabad

Started taking Thalix 50mg initially and later increased to 100mg.

**Dec 2014:** There was a relapse and the Oncologist advised that I should go for another round of Stem cell transplant after three months i.e. in Apr 2015

Changed medication to Lenolidamide 5mg

Simultaneously started taking Haridra, Ashwagandha, Shigru, Punarnava from 'Himalaya' after reading blogs of MM patients belonging to other countries. They recommended Curcumin but because I did not know where to get it I used Turmeric in the form of Haridra from Himalaya.

I was experimenting with the above. I also informed my Oncologist that I was taking the above medications and he did not have any objection.

In fact he had advised me to take *Tinaspora cordifolia* after my transplant for improving my immunity.

**Apr 2015:** Was lucky to get introduced to Dr Nitin Kochar , Mumbai by another MM patient from Delhi when I told her that I was using Turmeric. Started taking Curcumin and Punarnava and followed diet given by Dr Nitin Kochar along with Lenolidamide. Finally I am in professional hands.

Bone marrow test was done in the end of May and revealed that MM was in Remission. There was no mention about second time transplant ?

**Oct 2015:** Continued taking Curcumin along with Lenolidamide. Bone marrow test was done and my M Spike was zero. ?

**Feb 2016:** My TLC count, neutrophils became very low. The counts were decreasing gradually over the past few months. Started experiencing several infections simultaneously. Oncologist advised me to stop Lenolidamide. Continued to use Curcumin , Ashwagandha and followed diet as per Dr Nitins Advise. .

**May 2016:** Bone marrow test revealed MM in remission ☑ .I have not been taking Lenolidamide for the last 3 months. Currently taking Curcumin , Ashwagandha, Nimbodi, Bavchi during the last 3 months. Have been fasting once a week and taking diet as per Dr Nitins advice.

The Oncologist told me to take a break from medication for another 3 months. Hopefully this will be a permanent break.

**My experience with Fasting :** I had never fasted all my life. I was nervous initially. I currently fast once a week. I am not supposed to eat anything till dinner time. I can take tea/coffee two or three times during the day. If I cannot control hunger or feel weak then only I take fruits. I can manage with three servings of fruits all day. Only Luke warm water to be taken throughout the day. For dinner I am allowed to take vegetable soup and kichdi . I eagerly look forward to eat the warm bowl of kichdi in the evening and feel grateful for the food. It is a great feeling ☑. I am enjoying my days of fasting. Makes the body feel light. Makes the food during rest of days taste great. I also did my own research on the Internet on the effect of fasting and read that Fasting makes the cells go into repair mode. This period of rest heals the cells and tissues in the body which is very important. I am convinced and surely we can give up food for one day per week for improving our health. The side effect of Fasting is better health. On other days, I follow the Diet given by Dr Nitin. Feeling good , happy and quite comfortable now. Wish to share my miracle with as many as I can so they too can benefit from Ayurveda , Fasting and proper diet

## Other Cases

1. Due to Evidence based Ayurveda Treatment, in one of my patients of **HIV**, in six months of time CD4 count increased to 512 from 166 and ARV treatment of this patient is postponed.
2. In one case of **Hepatitis B**, before starting Ayurveda Treatment, the viral load was more than 4000 and after nine months of Evidence based Ayurveda treatment, it came down to 150-200 and it is maintained since last two years. Hence his expensive & side effect - prone conventional treatment is cancelled.
3. In one case of **Adenocarcinoma of Large intestine (Cancer of the Large Intestine)**, post-operative & Non-chemo recipient patient, with Ayurveda treatment, till date no relapse or no development of any Metastasis is found.
4. In another case of **Chondrosarcoma**, post-surgery, on Ayurveda treatment for last five years and till date no relapse or any metastasis occurred.
5. In a case of **endometrium cancer ( Cancer of Uterus )**, post-surgery, no chemo, only on Ayurveda treatment and till date no relapse, few of the existing metastatic lesions in the bones regressed too & no new lesions, no relapse.
6. A child of **Osteosarcoma** of femur is completely disease free after chemo and along with six years of Ayurveda treatment.

7. A case of **Ca Tongue** after second relapse started Ayurveda treatment, no relapse or metastasis in last three years.
8. Two case of **Chronic asthma** with multiple inhalers , are now almost inhaler-independent since 9 months, ( in both the cases, inhaler use was only four times in last six months )
9. A case of **Psoriasis** with methotrexate resistance was completely disease free for more than two years but later due to non-follow up and circumstantial reasons, disease relapsed.
10. Four patients of **Chronic Stable Angina(Ischemic Heart Disease)&** who were advised CABG(By pass surgery), are being managed with Ayurveda treatment for last three to four years. In one of the cases, **Stress thallium test**, which was positive for IHD, has turned negative, **indicating her Heart has started getting enough coronary circulation and nutrition.** In another two cases stress test has also turned negative after one year of Evidence Based Ayurveda Treatment, indicating good progress and **deferring /avoiding the need of Angioplasty or By-pass surgery.**
11. Two cases of **Ulcerative colitis** are managed only by minimum dose of Mesacol & Ayurveda Treatment. Steroids & other DMRADs are withdrawn as **patients are totally symptom free.**
12. Many cases of **Rheumatoid arthritis** are now managed by Evidence based Ayurveda Treatment & except in few cases, their Toxic drug like Methotrexate **is also slowly, but totally discontinued.**
13. I have many patients whose **Diabetes** is well under control & they are able to reduce their need of oral hypoglycemic drugs & Insulin. I perform regular clinical checkups like sugar testing, neuropathy testing, diabetic foot

examination, sensory –motor function testing, Retina Examination etc , so that damage to vital organs is detected and preventive treatment is provided at earliest.

14. Many cases of **Sciatica** are totally managed & treated by Yoga & Ayurveda.

15. An Anesthetist suffering from **Migraine** & not responding to modern medicines, and his migraine started interfering his functioning, is now totally managed and symptom free for last two years due to Evidence Based Ayurveda treatment.

16. Many cases of **Irritable bowel syndrome** are successfully managed by simple diet modification & Ayurveda treatment.

17. **Two cases of Ankylosing spondylitis** are almost symptom free for last three years. Only when their stress level increases or when humidity increases in the atmosphere, they have to take milder pain killers for few days of the year.

18. Software engineer was **suffering from Urticaria with allergic rhinitis** & he had already taken vaccines for allergy but did not have satisfactory result, now much better and almost symptom free for last six months.

**Note:**

- 1) In many cases, especially in Cancer, it is observed that, integrated treatment of Ayurveda along with Allopathy when started as soon as possible, it helps a lot, either to effectively treat their disease or at least to improve their quality of life by reducing discomfort, pain & other pathological changes.
- 2) Secondly, in last twenty years of my practice, **NONE OF MY PATIENTS HAD DEVELOPED SERIOUS SIDE EFFECTS like**, damage to kidney or liver or to any other vital organ of the body. Very few patient did have some minor &manageable side effect like abdominal discomfort, loose motions or little acidity or mild rashes (Mostly due to herbs like Guggulu, Ginger, pepper.)
- 3) Outcome of any treatment improves by proper Healthy Diet, Exercise, Meditation & Pranayama.
- 4) Last but not the least, response & result to the treatment may vary depending upon Patient's constitution, stage of the disease & discipline of the patient.