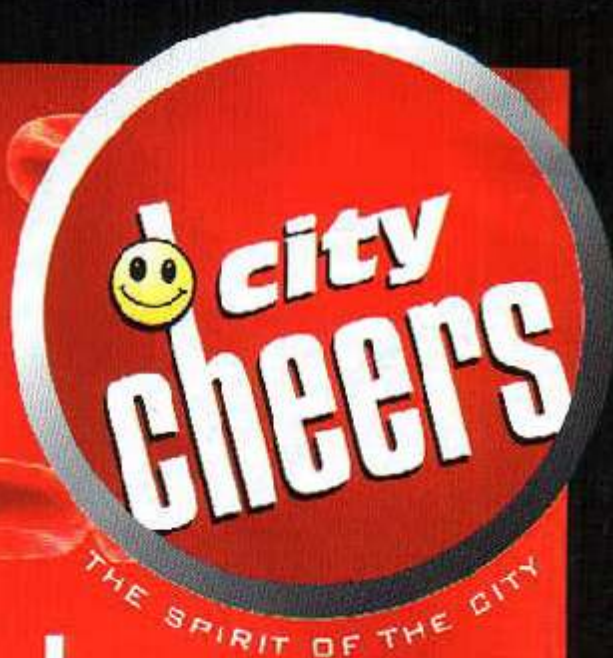


City Cheers

Exclusive English Magazine

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ayurveda

b a t t l e s

CANCER

Vaidya Balendu Prakash not only fights for Cancer but Ayurveda in totality. An insight into the deadly disease and its Ayurvedic cure.

EXCLUSIVE

Lucknow Mahila Sewa Trust
Unionizing Women

REMEMBERING

Dr. Salim Ali
The Bird Man

GARY LAWYER

Singer, Composer,
Guitarist & Songwriter

RED CARPET

Dr. Pushpa Khanna
Scientist with a
'Wonder Medicine' for Diabetes

THE BIG STORY

Ayurveda

b a t t l e s

CANCER

□ Anuj Gupta
Sonia Arora





22nd June 1995, was the most awful day in the life of Mr. Satish Gupta, resident from Karol Bagh, Delhi, when he came to know that he had got a relapse of Acute Promyelocytic Leukemia (APML)-a fatal type of Blood Cancer. He was diagnosed for his ailment in April 1994 at Tata Memorial Hospital Mumbai. There he was treated with standard anti-leukemic treatment for APML, using ATRA for 90 days combined with cycles of chemotherapy. He lived easily for 12 months (complete remission), but the ultimate shock of his life came when he was given 'incurable' verdict by Tata Memorial Hospital, after relapse of the disease. He was counting his days, when a nearby relative, informed him about Vaidya Balendu Prakash and his treatment for cancer through Ayurveda. Considering it to be his last ray of hope, he was brought to Vaidya Balendu Prakash. He was surviving on blood transfusion with Haemoglobin-11.5, TLC-2900 and his Platelet count was 9000. At this juncture, in September 1995, ayurvedic medicine was started under the supervision of Vaidya Balendu Prakash, resulting which, Mr. Satish Gupta is now living his life as normal as ever.

Many more like these, who were turned down by the doctors and counting their last days of survival, are leading their normal lives. Thanks to Vaidya Balendu Prakash, whose Ayurvedic formulations worked wonders and is still spreading a ray of hope for many. A world-renowned Ayurvedic practitioner, Balendu, has been actively involved in the research and development of metal-based formulations since 1988, when he founded the Vaidya Chandra Prakash Cancer Research Foundation (VCPCRF) at Dehradun.

He is carrying the torch of Ayurveda, passed on to him by his father, Late Vaidya Chandra Prakash, who was not satisfied treating general patients only. He wanted to do something for the mankind. In this pursuit, he along with his father came out with treatment protocols for various forms of cancer and chronic diseases.

After his death, he started treating patients using his own prepared medicines. Amazingly, he had a commendable success rate and was able to give his patients few years of survival too. But, not a soul in medical fraternity would believe this without testimony, which he could not provide.

Within the ambit of preliminary observation where well-diagnosed cases were treated with his own prepared Ayurvedic metal-based medicines, he found APML as a model to begin with, in early 1983. Vaidya Balendu Prakash, started dealing with several agencies with Government of India. Finally, it took him fourteen years to get his first pilot study on APML from Central Council for Research in Ayurveda & Siddha (CCRAS) on the behest of (Ministry of Health and Family Welfare, Government of India.). Balendu does not give credit either to his project (Effect of Metal Based Ayurvedic Formulations in The Patients of Acute Promyelocytic Leukemia) or to his talent or work. He says, all his efforts would have been in vain, if one of the beneficiaries of his treatment would not have been the Central Minister of Ministry of Health and Family Welfare in the Government.

The story dates back to December 1982, when Late

Vaidya Chandra Prakash, father of Vaidya Balendu Prakash, treated Salman Sherwani who was his first case of APML. The 10 year old boy was first diagnosed at JN Medical College, Aigarh and then referred to the hematology unit of AIIMS in Delhi. The boy was discharged without any treatment with poor prognosis. He was kept alive on continuous transfusion prior to administer ayurvedic treatment. The then Master Salman has converted into well grown Mr Salman, proud father of two children and presently settled in Dubai. He might be the longest surviving patient of APML.

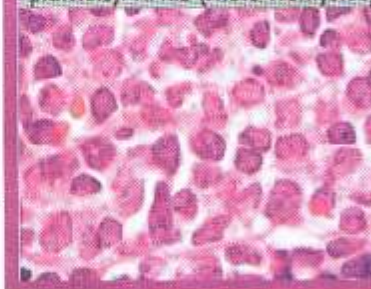
Master Absar Khan was two years old when he was diagnosed with a rare form of Acute Myeloid Leukemia at Agha Khan Hospital, Karachi in Pakistan. He was referred to Hospital for Sick Children at Great Ormond Street in

London. His diagnosis of Acute Mega Karyoblastic Leukemia (AML M7) was re-established. However, the boy was discharged with poor prognosis and counted as fourth reported case of that disease in the world. He was advised to live on transfusions and antibiotics until he survives.

Master Absar was re-evaluated for his disease in the same hospital in London and declared disease free in December 1988. He completes twenty years disease free survival - the longest in the world and leads a normal healthy life with his

WHAT IS APML?

Acute Promyelocytic Leukemia, (APML) or (AML/M3), is a fairly rare type of myeloid leukemia. APML, in layman's term, is a disease of the bone marrow. For some reason the marrow starts producing immature cells in very large numbers. The blood cells control various functions — red blood cells carry oxygen, white blood cells fight infections, and platelets control clotting and stop bleeding. Since the cells are immature and numerous, they don't serve their normal functions. So, someone with APML gets short of breath and becomes pale (lack of oxygen carrying red blood cells), gets infections (lack of white blood cells), and has bleeding and bruising (lack of platelets). APML (Acute Promyelocytic Leukemia, M3) is a severe bleeding disorder that is a form of leukemia and is characterized by low concentrations of plasma fibrinogen, defective coagulation, and infiltration of the bone marrow with abnormal promyelocytes and myelocytes.



wife in London.

Gradually, Balendu's name was referred by many doctors, as well as by their patients to others. This led the inclusion of Vaidya as member of ICON - the selected group of Oncologists of India in year 2000. Now many doctors believe and associate with Vaidyaji and his medicines for the welfare of patients.

Is it questionable, that a person, who has a success rate of giving second life to many, has to convince the learned cancer specialists about his treatment through his own medicine to cure cancer? What an irony?

The medical community and the allopath skeptics want certificates of cure from him, though they themselves have commented on the satisfactory clinical tests after treatment.



The patient was second son of my wife's cousin. Doctors from London gave their last word and pronounced that he would survive not more than 6-8 weeks. Then someone told us about Balendu Prakash. That was my first interaction with him in August 1987. It's been years that we know each other well. I strongly feel that this system of medication has so much of benefits and is

obviously the much older practice of curing diseases. He analyses, researches and then documents, and whatever he is doing is a boon to mankind.

—Salim Sherwani, Former Health Minister and presently MP

"For many years, CCRAS was asking for the literary basis of my work prior to initiate any research. Ultimately dead lock was broken, when Mr. Salim I. Sherwani took charge of the Minister of State (Independent Charge), Health & Family Welfare, Government of India. His two relatives were diagnosed with Acute Myeloid Leukemia and were benefited by ayurvedic therapy. He directed the authorities to take a fresh look in the matter and thus initiated the evolution of the present study," says VBP.

In November 1996, following the guidelines laid down in the meeting, held under the chairmanship of Mr. Salim I. Sherwani, a cancer research Sub-Committee (CRSC) was set up under CCRAS to finalize the study protocol and to monitor its progress. Following the deliberations of the CRSC, a foresaid project was sanctioned on 16/10/1997 by CCRAS to Vaidya Balendu Prakash as Principal Investigator.

The project was aimed to see the effect of his treatment on APML patients in 90 days. However, the project period was extended for three years without getting any approval or budgetary assistance from the ministry. Later, progress of the project was discussed in the subsequent meetings of CRSC. The final progress report was submitted to the Council on October 10, 2001, which was discussed by CRSC on November 8, 2001. However, the approved minutes were dispatched on July 8, 2003 by the Council to the PI of the project.

CCRAS prepared a monograph on the project. It was sent for critical review to the then Head of Medical Oncology at Tata Memorial Hospital, Mumbai. It says "This is also the strongest evidence, I have seen of any Indian indigenous medicine in the treatment for cancer" in its report dated 01/04/05 to CCRAS.

Monograph is ready and still waiting for its submission to President and Ministry. Meanwhile the product got European and US patent for its innovation through National Research Development Corporation, Government of India. Will this treatment be available to many as it came to rescue Satish Gupta.....ask Vd Balendu Prakash with laugh on his face

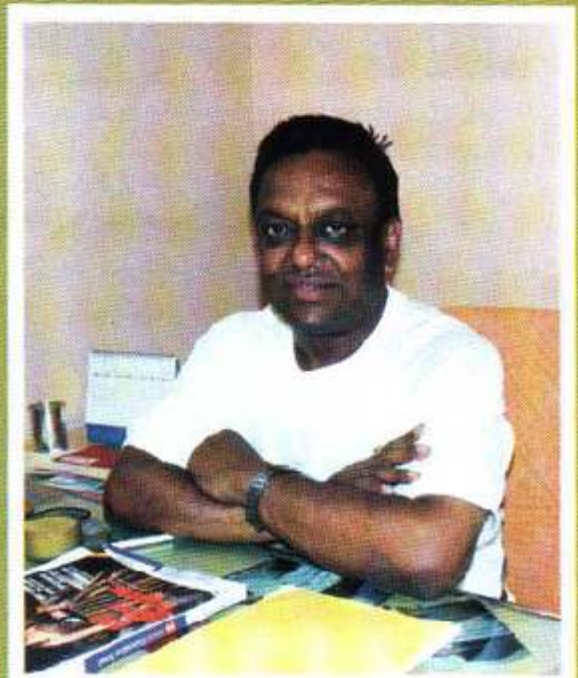
Source: Monogram on "Effect of metal based ayurvedic formulations in the patients of APML (A pilot study)": prepared by CCRAS with the preface dated nil by Director CCRAS

VAIDYA BALENDU PRAKASH, Born in a family of Ayurvedic Physician, he did B.A.M.S (Five-year degree course in Ayurveda) from Rohtak University. He started his private practice in January 1985, at Meerut, and shifted to Dehradun, in October 1989. He travelled extensively all over India and more than thirty different countries several times in regard to the treatment of individual patients suffering from Multiple Sclerosis and Cancer and to attend seminar and conferences.

Has done certificate course in "Pleomorphism and Dark Field Microscopy", in May 1996 from Scottsdale, Arizona, USA. Has been awarded active membership of New York Academy of Sciences, 1997, and International Who's Who of Professionals, 1998 from USA. He is the first and only Ayurvedic physician to get the membership of Indian Co-operative Oncology Network (ICON)-a selected group of cancer experts of India.

Has undertaken Collaborative Clinical Research Projects with CCRAS, ICMR, Department of Women & Child Welfare, Government of India and Regional Cancer Centre, Thiruvananthapuram with support of Kerala Government.

Actively involved in the Research & Development of new treatment protocols for various forms of cancer especially Acute Leukemia, Chronic inflammatory, immunological and metabolic disorders. Accorded Padamshree Uttarakhand-Gaurav, Doan Ratan, Ayurveda-Chandrodaya, Paranaacharya, Vaidya-Ratanam, Best Ayurvedic Physician, National Citizen Award, Fride of Doan and various receptions by different civic and statutory bodies of the country and abroad for his unique contribution in developing ayurvedic treatment for certain forms of cancer and other fatal diseases and for giving scientific footing to the traditional system of Indian medicines.



Still, they demand a scientific explanation to it. And Vaidya Balendu is on a mission to do so. But a system failure, lack of innovation, self-interest and stubbornness, block such efforts. Should it be the attitude of the learned society?

Vaidya Balendu who has treated patients from various countries abroad and within India says, "The problem with Ayurveda is that it has been shrouded in mysticism. Hence, the benefits of this age-old medical system, especially *rasayan*, a branch of Ayurveda, could not be shared due to its prevalent rigid secretiveness." Though he is confident of the curative powers of his medicine, he feels a lot of work has to be done to make the Ayurvedic cure for cancer universally acceptable.

He points out that Ayurveda is based on the clinical experiences of the sages through ages, and the immediate requirement is to intrigue such experiences into the mainstream by combining traditional knowledge with innovation and technology. It is very much possible. It requires will and determination. Hence, the founder director of VCP Cancer Research Foundation has taken the initiative to disseminate the protocol-based therapeutically evident applied aspects of *ras aushadhis* among young Ayurvedic professionals. Vaidya Balendu's efforts and excellence in cancer treatment was duly recognized when Balendu was honored with "Padamshri" in 1999 by Dr K. R. Narayanan, President of India.

Balendu says that, the first case of cancer was



This is the strongest evidence I have seen of the efficacy of any Indian indigenous medicine in the treatment of Cancer. I strongly recommend that a prospective clinical trial be conducted as per ICH GCP guidelines to confirm these findings. I will

be happy to provide my expertise, help design as well as participate in such a study.

—Dr. Purvish Parekh:

(HOD Oncology, Tata Memorial Hospital, Mumbai)



Dr. Balendu Prakash has done a commendable job in this field regarding the treatment of APLM through metal-based Ayurvedic formulation. The data generated reveals that this Ayurvedic formulation is effective and potentially safe for treatment of APLM and I hope that this drug may open new armamentarium in the field of oncology during coming years.

—G. S. Lovekar, Director CCRAS, Dept. of Ayush



CM Smt. Vasundhara Raje, addressing the inauguration of ALTC (Ayurvedic Leukaemia Treatment Centre) in Jaipur



Group photograph of Vaidya Balendu Prakash, Smt. Gopa Indu, Honourable CM Smt. Vasundhara Raje and Dr. Aneshi Mann



CM Smt. Vasundhara Raje greeting the patient

It's actually an acceptance by both the people i.e. Vaidya Balendu Prakash and Dr. Anish Maru. Both the systems have something in common which they have observed. And all the scientific observations which are done should be put in a record and must be published. It is like doing a service for the society.

—Dr. P.M Shah (Director of Gujarat Cancer and Research Institute)

About 4 years back I came to know that my wife was suffering from Cancer. We got treated her in all the specialised hospitals like Tata Memorial Hospital(Bombay), AIIMS(Delhi), Cancer Research Institute(Gujrat), but all in vain. Even the experts from Tata Memorial Hospital informed us that she can only survive for a maximum of 2 months and if so, that too on bed. Then somebody in Ajmer told us about Vaidya Balendu Prakash. We went to him and the result is in front of everybody. It's been 3½ years she is fine with his treatment. According to me it is one of the best treatment in the world and he is like a God serving the people.

—Mr. Mannan Hussain, M.P., Lok Sabha

incidentally treated by his father, in 1960, under the guidance of his guru who was a master of Yoga and Ayurveda. After his father's demise in 1984, efforts were made to prepare the same medicines with proper documentation and these preparations were used on cancer patients.

He says he has not come up with anything new. His treatment is based on the traditional knowledge of Ayurveda combined with the tools of modern science. The ancient texts of 'Ayurveda', 'Charaka Samhita' and 'Susruta Samhita', contain information on cancer, its origin and its treatment. Cancer has been referred to as *arbuda* or a mound of flesh, a further development of a *grandhi* or a benign tumor.

According to the practitioners of Ayurveda, any disease is caused by an imbalance in all three of the basic physiological principles, the *tridoshas*—*vata*, *pitta* and *kapha*. One of these *doshas* predominates and provides the clue to the physician in the diagnosis. The imbalance is detected by feeling the pulse of the patient at the radial artery. The treatment involves two steps: first, removing accumulated toxins by *panchakarma* therapy using herbal oil massages, heat treatments, enemas, external applications and the oral intakes of herbal substances; secondly, the *bala* or vitality of the patient is rejuvenated by the *rasayana* therapy, which uses herbal and mineral-based preparations, containing mercury and arsenic.

“

The allopathic treatment involves around Rs 10 lakhs and can be higher, with serious side effects. There is no surety of complete cure, as it has been seen that 50 per cent of such cases relapse.

”

DR ANISH MARU, SENIOR CONSULTANT HAEMATO-ONCOLOGIST, DIRECTOR, SEAROL SAMEER CENTRE. Born on 26th October 1968, at Jaipur, he has done MBBS and MD (General Medicine) from SMS Medical College, Jaipur. Thereafter he did his DM in Medical Oncology from Bangalore and then settled in Jaipur to serve the state, as no specialist was available in Rajasthan. He is a pioneer in spreading the concept of Oncology, in and around Rajasthan. He came in contact with Vaidya Balendu Prakash at a meeting in Baroda, where he got convinced with his data and started sending his patients of APML who got cured. Dr Anish Maru started his own cancer center, SEAROC at S K SONI Hospital, Jaipur, in 2006, when Vaidyaji contacted him for establishing an Ayurvedic Leukemia Treatment Clinic. ALTC was established on 13th April 2007, in presence of Honourable CM, Vasundhara Raje.



THE MAKING OF AY

Vaidya Chandra Prakash Cancer Research Foundation (VCPCRF) foundation was set up as a charitable trust to promote research on metal-based formulations to develop the treatment and control of various forms of cancer, chronic inflammatory and immunological disorders. The Foundation's contribution towards the treatment of cancer using Ayurvedic prescriptions have received worldwide attention. The institution, functioning since 1988, and recognized by the Indian government, has been approached by some of world's prestigious institutes like John Hopkins Institute, for exploring new avenues of mutual interest in the field of traditional medicine. VCPCRF has been instrumental in setting up an Ayurvedic research cell in Tata Memorial Hospital with the objective of focussing on the research possibilities of the proven cancer healing Ayurvedic preparations of the Foundation.

This whole set up in Dehradun, is now looked after by his wife, Mrs. Gopa Indu, with the help of other resident Vaidyas, named as Vaidya Shelja and Vaidya Navin Sharma. Separate provision of kitchen, fooding, clothing and bedding according to Ayurveda is available there. "Nothing goes waste here, from cow urine to cow dung everything is utilized in one way or the other," says Gopa Ji. The treatment there involves all

ayurvedic measures and practices, which the patients have to follow.

Balendu Prakash's treatment costs approximately Rs. 2,000 per month. Since he also specifies certain dietary restrictions, including cooking food in cow ghee (clarified butter), this further escalates the cost. The advantage is that he does not mislead you and frankly tells you whether he can help you or not. He is also conscious of the fact that the active principles, correct dosage and optimum duration of treatment for the preparations he prescribes are yet to be scientifically validated. He is trying to achieve this by developing networking with many stake holders and mobilizing funds to move forward on

his mission to BRING STATED EFFICACY OF AYURVEDA INTO MAIN STREAM MEDICINE.

The whole lifestyle of the patient changes in order to suit the course of their medicine, which in a way also improves their lifestyle. They are advised to wake up early followed by consumption of warm water. They try to remove tea and coffee



AYURVEDIC MEDICINE

A Walk Through VCPCRF, Dehradun

from their diet. Morning walks, jogging and exercise is included in their daily course. After their exercise regime, medicine is given to them with buttermilk, milk, water etc. according to the patient's condition and need.

At 8 am, a balanced breakfast containing carbohydrates, proteins, minerals, vitamins etc. is given to them, again according to the patient's need. Then at about 11 am, they are given mid-morning snacks, again depending on the patient and his kind of disease.

Then lunch time gets at 1pm, with a balanced meal again, followed by evening snacks at 5pm, dinner at 8pm and milk or dessert time at 9 pm.

The resident doctors and Mrs. Gopa Indu (Production Director) are present round the clock to attend to these patients.

The whole process of treatment involves a strict diet pattern, followed by the metal based ayurvedic medicines which are called as *ras vaidya*, i.e. all medicines are based on mercury and heavy metals which are purified through different processes and are made according to what is directed in the Ayurvedic *granthas*. It takes about minimum of four months to three years to prepare these medicines.

VCPCRF has a hospital, consisting of 8 rooms. Patients here are treated like a family and usually prefer that the patient is accompanied by his/her own attendant so that after going home that person is able to look after the patient accordingly.

Most importantly, at VCPCRF, basic things are taught to patients to obtain a healthy lifestyle.



According to Balendu, cancer can easily be defined within the philosophy of Ayurveda. The combination of diet, lifestyle and medicines play an important role in the prevention and treatment of cancer. There are certain guidelines in Ayurveda that are necessary to be followed to keep a person healthy. Either less, excess or untimely diet, or lifestyle factors that disturb *vata-pitta-kapha (tridosh)*, i.e. body metabolism, can cause cancer. The emphasis is more on changing the patient's lifestyle and way of thinking, than on use of common techniques such as surgery and radiation. Thus, the treatment is holistic and involves diet, rest, exercise, massage, visualization and spiritual instruction.

Vaidya Balendu Prakash says that, the rising incidents of cancer can be attributed to the changes in our lifestyle and dietary habits, especially the use of chemical and synthetic food items, which deprive us from adequate mineral and fiber intake. *Rasayna Shastra*, one of the eight clinical specialties of Ayurveda, emphasizes on the balance of the seven metals (gold, silver, copper, tin, zinc, iron and lead). These metals help in the prevention and treatment of many diseases. The deficiency of minerals causes imbalance, which further leads to poor absorption of metals by our bodies. Apart from, eating disorders and untimely eating, exertion, anxiety, stress, depression and other lifestyle factors contribute towards the formation of acids and toxins in our body, which results in the inflammation of gastro-intestinal track. Accumulation of toxins and the gradual suppression of the immune system lead to abnormal activities of the body, ultimately leading to cancer.

"The formula I use is based on *Rasayan Shastra* (heavy metal therapy), a branch of Ayurveda. We work towards the cellular impurity of the body and not the disease itself. We regularize the body metabolism and the body cures itself," explains Vaidya Balendu Prakash.

His hypothesis is that, his medicine stimulates the bone marrow to strengthen the defense mechanism of the body to fight cancer. This is in contrast to the modern system of medicine, which offers either operation of cancerous cells or destruction of cancer through chemotherapy or radiotherapy. However, the toxic effect destroys not only the cancerous cells but also healthy cells. They have no curative effects unlike in Ayurveda system that has no toxic effects and cures the patient as well. Balendu spends more time in the preparation of medicines, for he is convinced that the right type of preparation is the key to success.

Balendu says, "It is unfortunate that the 6000-year-old science has not been given official recognition as a system of medicine and is still being dismissed as a remedial tradition by the doctors."

For Balendu and his father Vaidya Chandra Prakash, help was hard to come by. The father-son team approached every institution and body for the very purpose. The Central Council for Research in Ayurveda and Siddha (CCRAS) agreed in 1984 to the clinical trial for toxicity test of medicines on animals but later turned their back on to it. The initial response from CCRAS was due to an encouraging report of a Fact-Finding Committee of the Ministry of Health. However, the Council insisted on revelation of the formula of the medicine in writing. Vaidya Balendu then sent copies of the report to the late Prime Minister, Mrs. Indira Gandhi, and top officials of the Indian Cancer Society with the hope that they would do something to establish the efficacy of his medicine. But they could not do much. Others like Dr Manglik, Assistant Professor

SK SON



at AIIMS, who was following up the cases of Balendu's patients who knew of the successes, could have written to the Cancer Research Society but didn't. Similarly, nothing came of the letter, the Leukaemia Research Fund of UK wrote to the Indian government.

His efforts to get papers published also failed because of the disinterest shown by the doctors of Government Hospital, Meerut and RML, New Delhi.

No wonder, Balendu is upset by the attitude of the government too. "Our people in the government are mystified of the magic of the allopathic treatment and they have no time for Ayurveda, the science of life, which originated in India," he rues. "Crores of government rupees are just spent for medical research in Allopathy."

Though the rift between Allopathy and Ayurveda has always existed, it began to narrow down in the recent past, after the Oncologists' meet in Baroda, when Balendu and Dr. Anish Maru (Sr. Consultant Hemato-Oncologist, Director, Searoc Cancer Centre) met for the first time. When Vaidya Balendu presented his data on leukemia at the meet, Dr Maru decided to send his APML patients to Dehradun for further treatment.

Looking at his promising results, doctors like Dr. Anish Maru, started referring their patients to Dehradun center. There the patients are put on related medicines and proper food habits. Follow ups are taken at Jaipur, and then weekly reports are sent to Vaidyaji. Dr. Maru, till now has sent 12 patients, all of whom got cured and are surviving till today.

The main reason for sending them was the low cost of treatment there. "The expense involved in the treatment was much less as compared to Allopathy," explains Dr Maru. "The allopathic treatment involves around Rs 10 lakhs and can be higher, with serious side effects. There is no surety of complete cure, as it has been seen that 50 per cent of such cases relapse."

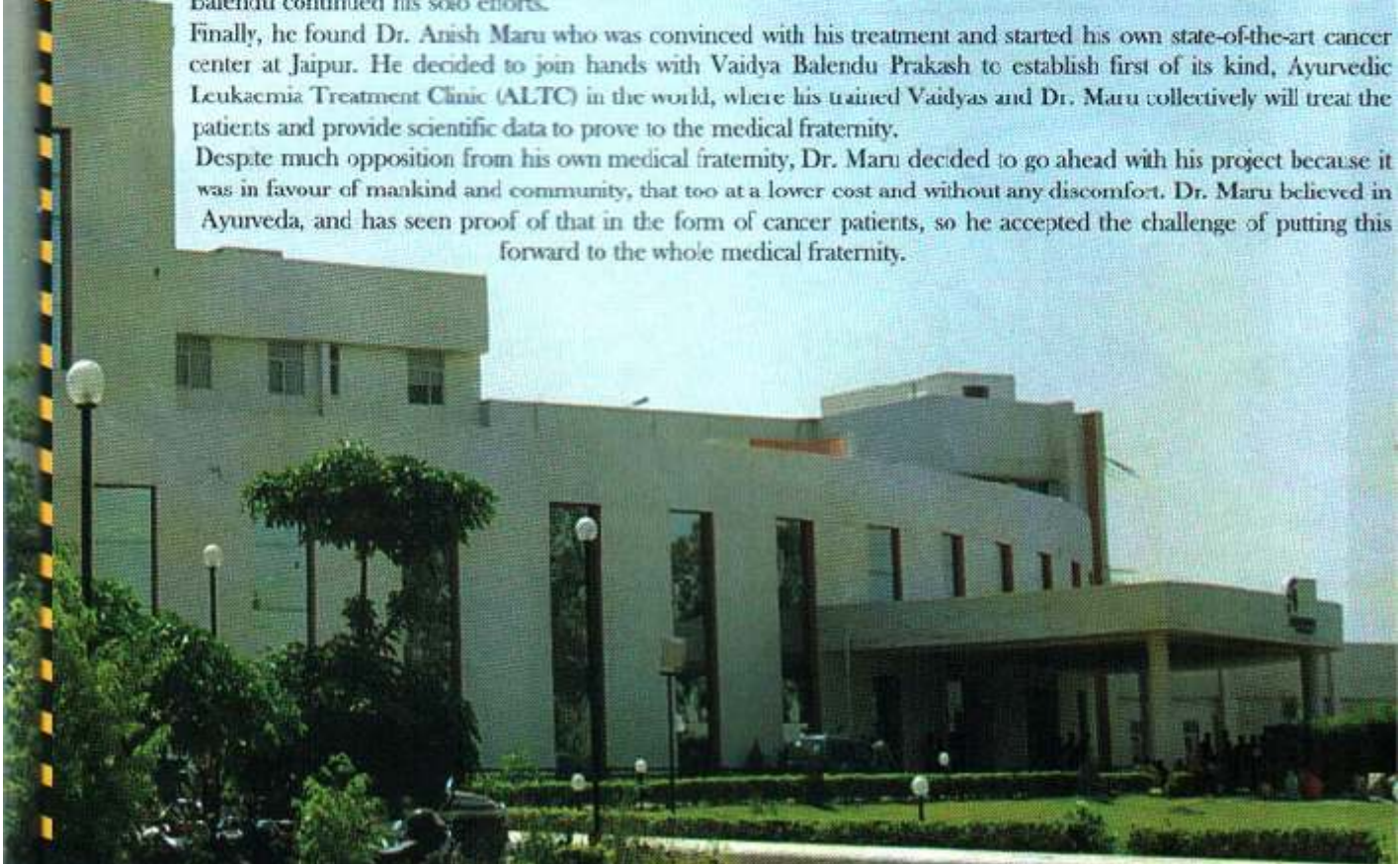
But it is not solely the monetary reason, which makes Ayurveda a better option for many - the results are far better. The success rate in Allopathy is 48 per cent while it can be as high as 80 per cent in Ayurveda. "Moreover, in Allopathy there is no cure once the disease relapses, but Vaidya Balendu is also curing patients who have suffered a relapse," adds Maru. After the merger, the patients who used to go to Dehradun are now treated in Jaipur itself. Balendu has trained two Vaidyas who are in Jaipur. They prescribe medicines and treat the patients according to Ayurvedic principles. Dr. Maru does the remaining course of treatment, diagnosis and all other supportive treatments, till the bone marrow starts developing. Once the patient's blood starts forming, he is discharged and the other treatments continue. The cost of this mixed treatment comes to about Rs. 2-2.5 lakhs, (Rs. 1 lakh for medicines and Rs. 1.5 lakhs for the supportive treatments) which is much less than Rs. 10 lakhs to be paid for allopathic treatment.

Vaidya Balendu has always wanted to collaborate with allopathic doctors particularly Oncologists who can diagnose, treat and follow these patients and can prove scientifically that this medicine is working. He tried his level best, from Chandigarh to Trivandrum and Chennai, but none of them were interested in his collaboration due to different reasons, but Balendu continued his solo efforts.

Finally, he found Dr. Anish Maru who was convinced with his treatment and started his own state-of-the-art cancer center at Jaipur. He decided to join hands with Vaidya Balendu Prakash to establish first of its kind, Ayurvedic Leukaemia Treatment Clinic (ALTC) in the world, where his trained Vaidyas and Dr. Maru collectively will treat the patients and provide scientific data to prove to the medical fraternity.

Despite much opposition from his own medical fraternity, Dr. Maru decided to go ahead with his project because it was in favour of mankind and community, that too at a lower cost and without any discomfort. Dr. Maru believed in Ayurveda, and has seen proof of that in the form of cancer patients, so he accepted the challenge of putting this forward to the whole medical fraternity.

HOSPITAL





A FAITH FOREVER

Sonakshi Khanna, Bangalore: She was detected with ALL in 2003. It had spread quite a lot. Then we went to Bombay for her treatment where she was treated with one month of chemotherapy. At the end of the first cycle of chemotherapy, it was clear that she has more than 10% of blast cells and she needed Bone Marrow Transplant. Then somebody told us about Vaidya Balendu Prakash and his treatment through Ayurveda. We went there, where Vaidyaji advised us to first complete the chemo cycle which was going on and then report.

We did as advised, and he then treated her with his ayurvedic process in 2004. The treatment continued for about 2 ½ years and now she is absolutely fine.

As a parent it becomes very tough to believe in a system, which was not much advertised or publicized, but we had to knock every door for our child. I would definitely wish that people show faith in this system and make it acceptable, in every branch of science.—Poonam Khanna (Sonakshi's Mother)



AYURVEDA WORKED WONDERS

Priyanka Parekh, Jaipur. "I was suffering from fever, which was not coming under control. On check-up the doctors predicted loss of blood. So, I was injected blood units. This even showed no response. My haemoglobin and platelet count remained the same. Then they referred me to Dr. Anish Maru, where I was admitted for about 20-25 days. My cousin escorted me to Dehradun to show my reports and I even brought medicines from there as directed by Dr. Maru. It worked wonders and am alright and well."



A BOON TO MANKIND

Manish Aggarwal, Sikar (Rajasthan)

"In 2006, I suffered from loss of blood due to bleeding from gums and urine. I got myself checked up and all the reports came out to be clear. But, even after that blood loss continued and my health started deteriorating. Then I approached Dr. Anish Maru, who after examining my reports referred me to Dehradun, where Vaidya Balendu Prakash advised me to take his medicines for a year. And it's because of Vaidyaji, that I am surviving and am healthy till today. According to me, if anything is being done for mankind, it should be taken to the next level."

THE MIRACLE CURE

Mrs. Satya Bansal, Delhi

Initially my HB was low. I went to AIIMS where I got a thyroid test done and the treatment of thyroid continued. But, again after sometime the thyroid count reduced and the doctor advised me to get myself checked for bone marrow, report of which was positive. I went to Tata Memorial Hospital in Mumbai and was treated under Dr. Advani, then came to Delhi and was undergoing treatment in Rajiv Gandhi Cancer Hospital. Till then we were going through very tough times as our financial condition was very much disturbed. In April 1999, doctors told me that the disease was relapsed and nothing much could be done. Then we were reminded of Vaidya Balendu Prakash who was referred to us by a patient. We went there and from 19th May-9th June 1999, we took his treatment, after which the bone marrow report, came alright. All of us were shocked to see the report. Even Vaidya was surprised to see me recover so early. It was a sheer magic for us. He continued my medicine for sometime thereafter and now I am perfectly alright. I must say that his frank advice and the low cost of treatment is a boon to mankind.

Vaidya Balendu Prakash and Dr. Anish Maru have decided to prove the worth of Ayurveda in the treatment of APML first, and then extend the treatment in prolongation of life and cure in other types of blood cancers like ALL, CML, CLL and other types of AML. Vaidya Balendu Prakash by means of Government of India has patented his medicine. "After the merger for APML we are sure that it works and our next step would be to try this treatment in other types of cancer too," informs Dr. Maru.

For awareness, Dr. Maru himself is writing letters to various Oncologists so that they would also know about it and assist in making it more acceptable for other doctors.

Experiments conducted in laboratories of India and around the World, have established anti-tumor and anti-toxic properties of several herbal preparations used by the Ayurvedic and *siddha* systems for the treatment of cancer. They are also said to help boost the immune system.

Vaidya Balendu feels that, there is a need for widespread clinical trials to be conducted under joint supervision at cancer hospitals across the country, to establish the efficacy of Ayurvedic preparations, based on internationally accepted methods of evaluation. Such trials are practically non-existent in India. Even the documentation by most of the practitioners of alternative therapies treating cancer is largely inadequate.

Allopaths in India and abroad, whose patients opted for Vaidya Balendu, have commented on the satisfactory clinical tests after treatment. They reserve the judgement whether he has actually achieved complete cure. It is this judgement that can make all the difference for Vaidya Balendu and in the process, for Ayurveda. The Ayurveda practitioner asserts that he has the cure, but he cannot call it a breakthrough, until he scientifically proves his hypothesis and standardizes the medicine through scientific experiments for different types of cancer.

A new era of medicine has dawned with the merger of Allopathy and Ayurveda for the treatment of cancer, and that too when two dedicated experts have joined hands. Vaidya Balendu is hopeful of finding a formula for all the medicines related to Ayurveda. If he succeeds, the Ayurvedic medicines which take 3-4 years to prepare, would take much lesser time to prepare synthetically. The IPCA laboratory is supporting him in this decisive endeavour.

Mr. Prem Godha (M.D IPCA Laboratories), and VBP are trying to take it as a commercial venture. "No industry can run without commercial angle. Ayurveda was not given a commercial angle, it was exploited. My ideology with Mr. Godha, developed a new division in Bombay and we are now developing new products over there," he added.

"Today we use all technologies, even for marketing we use web marketing, e-marketing but when pharmacology and standardization comes we don't want to change. So my effort is simple. **Tradition - Technology - Innovation.**

It's only we who have to choose. I am able to convert traditional furnaces into computer-controlled furnaces, which are more accurate. We also converted *Purnava Mandoor* (Ayurvedic Formulation) to Prak-20—the patented one. We did so many studies based on Ayurveda. With IPCA we are doing the same thing, states VBP."

"Ayurveda is gaining popularity all over the world, but fails to be accepted as therapeutic. It is being propagated as a supportive system that is essential for well being of healthy people. I am working and treating patients in various countries abroad. It's rather pity to see Ayurveda as massage, spiritual, food supplement, stress management stuff only. It has many curative treatments to give to the needy. We must work and create evidence to motivate their governments to recognize Ayurveda as medical system and register its formulations as medicines. It's clear to me, that life is for once and if I won't develop whatever knowledge I have it will be a sin on my part. Therefore, I run from pillar to post and set up my offices in UAE and Oman respectively after obtaining license as medical practitioner. It was not a pleasant situation for me being born in India, living here and serving abroad, quotes VBP."

After all survival of mankind is the motto of any medical theory. Cancer is still considered synonymous with despair and death, but when the curative powers of Ayurveda and scientific approach of Allopathy join hands, the battle against the disease can be won.

