



# ds TIMES

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## BOOST YOURSELF IN THE FACE OF COVID-19

Let **Ayurveda** strengthen  
you from inside, so that you  
can defend yourself outside.



# NEVER LET A CRISIS GO TO WASTE

The COVID-19 pandemic is defining the global health crisis of our time and transpire to be the greatest challenge we have faced since the Second World War. Ever since the coronavirus pandemic began, talks about immunity and health became a common subject. Experts recommended that with no existing cure or vaccine for the virus, prevention techniques such as social distancing, wearing masks, practicing proper hand and respiratory hygiene, along with trying to stay as healthy as possible were the only ways to beat the virus and avoid getting sick. This is when Indians turned to the centuries-old wisdom of Ancient Indian Ayurveda for boosting their immunity and keeping away from most of the diseases. We at DSRC, seeing our goal as treating the patient-not just the disease-is a simple change in perspective. But it's a change that can make a world of difference; it can change how effective we are at helping our patients to end up with happier and more effective lives. "Let us not treat the disease, but let us treat the patient who has the disease."

*Ashok Kumar (Trivedi)*

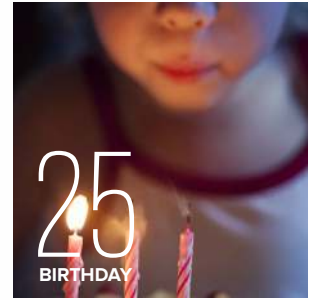
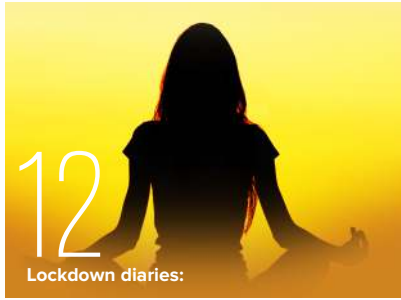
**Ashok K. Trivedi**

Chief Mentor



EDITORIAL

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## Cancer and Indian System of Medicine

**Dr. Shibangi Das**  
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Abuse of nature's law upsets the human system and ends up in disease like Cancer. It is again the nature, the foremost physician who brings the cure. The Indian system of medicine has its foundation on the basic principles of Nature, its elements and relation to Human Physiology and Disease Pathology which was established after thorough study.

Ayurveda has proposed six stages in the pathogenesis of all diseases which applies to pathology of the tumor as well:-

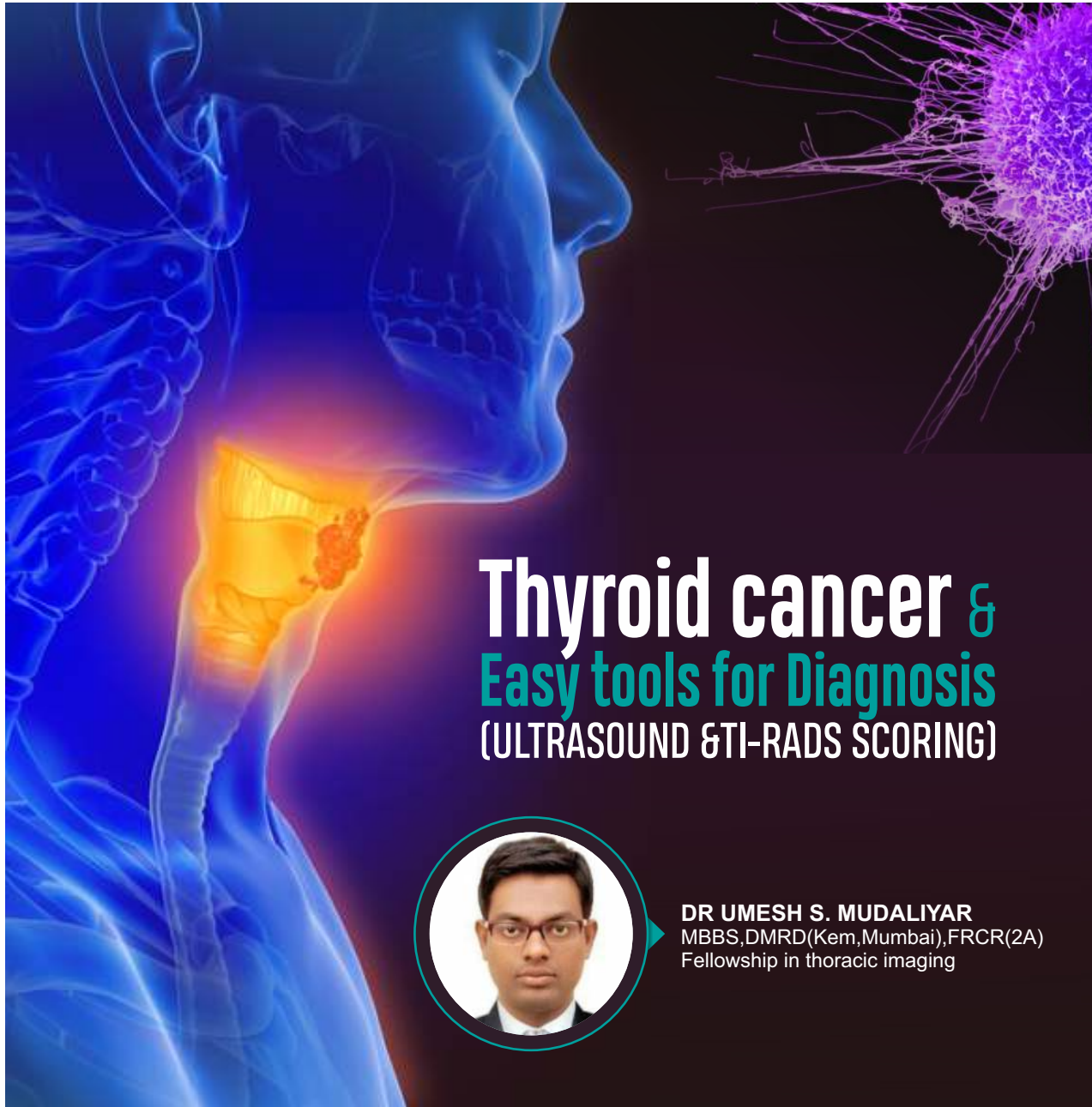
1. **Sanchaya:** early stages of localized neoplastic changes.
2. **Prakopa:** transformation of primary growths into metastatic tumors.
3. **Prasara:** metastasis (spread of disease)
4. **Sthanasamsraya:** distant metastasis and secondary growth.
5. **Vyakti:** clinical signs and symptoms are expressed.
6. **Bheda:** the stage where differentiation of growth occurs on the basis of histopathology.



The benefit of Ayurvedic medicine is that it can nourish the body as a whole by supporting various organ systems. Many herbs have scientifically proven anti-cancerous properties and are used for the treatment of various cancers and associated problems like Cancer Cachexia, anorexia, nausea can also be explained and addressed with Ayurvedic medicines.

Concept of Indian System of Medicine is largely based on Restoration of body constituent's harmony, defense & healing power. Ayurvedic medicine is holistic, for rejuvenating the body's support systems, forms a significant component of Cancer Therapy.





# Thyroid cancer & Easy tools for Diagnosis (ULTRASOUND & TI-RADS SCORING)



**DR UMESH S. MUDALIYAR**  
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Fellowship in thoracic imaging

## 01. EPIDEMIOLOGY

The incidence of thyroid cancer has risen in recent years. Early diagnoses of subclinical disease is also becoming more common throughout the world. This trend has generated significant interest in the management of thyroid cancer.

## 2. ETIOLOGY

- i. Exposure to radiation
- ii. Encountered in younger age groups with the highest incidence in the 2nd ,3rd and 4th decade
- iii. family history of thyroid cancer ,male sex
- iv. >2 cm size of thyroid lesion.

### 3. CLASSIFICATION

Thyroid malignancies can be categorized into the following key subtypes:

- A. Primary thyroid cancers
- B. Primary thyroid lymphoma

### 4. RADIOGRAPHIC FEATURES

Imaging of the neck of a patient with thyroid carcinoma involves both examination of the thyroid as well as careful assessment of the regional lymph nodes/whole body for the presence of metastases.

#### I) ULTRASOUND(US)

US remains the best modality for the evaluation of nodules within the superficially located thyroid, and it is also widely available and cost effective. Therefore, thyroid nodules detected incidentally at CT or MR imaging may be further evaluated with US.

#### II). CT/PET CT

Best at staging lymph node involvement.

#### III) MRI

MRI, although probably more sensitive than CT, is nonetheless still far from perfect with a sensitivity of only 67%.

### 5. FINE-NEEDLE ASPIRATION CYTOLOGY (FNAC)

of a lesion is indicated based on clinical and radiologic features. FNAC and core biopsy are the two percutaneous techniques used to obtain a specimen, with the latter technique being indicated following nondiagnostic or indeterminate FNAC.

### 6. INTRODUCTION TO ACR TI-RADS

Since 60 to 80 % of cancers are papillary carcinoma which present predominantly as solitary thyroid module or nodules in thyroid, a powerful tool to classify these nodules has been developed and called TI-RADS

Practising Radiologist, author/reviewer for British journal of radiology(BJR) and Indian journals/Health magazines, has experience and certification as investigator for oncological clinical trials





## Cancer and Indian System of Medicine

**Dr.Divya.S**

BAMS, MD (Panchakarma) Ayurvedacharya  
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Ayurveda says “KAYAGNI DERANGEMENT” is the root cause of all the diseases. This kayagni is nothing but the “METABOLIC ACTIVITY”. The main reason for cancer at cellular level is abnormally increased metabolic activity. This will cause uncontrolled, excessive cell division leading to formation of “TUMORS”. Thus ayurveda has a larger role to play in treating cancer.

The ayurvedic medicines used for cancer care will largely aim in bringing the metabolic activity back to normalcy at the cellular level. When this is achieved the cell division will be under control, tumor growth will be arrested and metastasis will be halted. This will enable proper formation of body tissues which increases the energy levels and thus improves the quality of life. The weight loss and energy loss which had occurred due to disease will be gradually replenished. If the patient is on chemotherapy or radiotherapy there will be damage to the normal tissue along with cancer cells which in turn leads to numerous side effects. If such patients take ayurvedic medicines parallelly with allopathic treatment, the damaged tissue repair will be faster and thus reduces the side effects of any harsh treatments. Apart from these aspects ayurveda medicines also improves one's immunity which will enable the body to fight against the disease and thus bring back the equilibrium of the body.



# Coping with stress and disease through meditation...

In today's world, we all are stressed. Stress is more persistent than ever because of the accelerating pace of modern life, meeting the targets of a job, trauma, disease, divorce, death of a loved one, betrayal by friends or family members, job scarcity and constant change, but most people have resigned themselves to high levels of stress, believing it is inescapable. Although stress affects health, relationships, career and overall quality of life, many people aren't conscious of the impact it is having on them. It is well established that stress interferes with memory, concentration, judgement and decision-making. Overall it affects our body, mind and health. Optimal stress is motivator for most of the human actions but when it starts interfering with persons day to day functioning then it needs attention. If excessive stress is not minimized, it can lead to many physiological and psychological problems such as high blood pressure, diabetes, heart disease, obesity, mental problems, etc. in a long run.



In order to cope with stress, depression and disease, one has to maintain good health. A person's lifestyle helps him or her resist the negative effects of stress and prevents stress from becoming a problem. Some of the things which we should always do is exercising regularly, eating sensibly nutritious and balanced diet, taking out time to relax, talking to a friend and learn to keep a positive outlook. Try to avoid cigarettes, alcohol and drugs to reduce stress and depression.

Apart from the above, in my view to cope with today's stress and disease one should go for meditation. Meditations have tremendous benefits for stress management and overall



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health. While there are many different types of meditations such as mindfulness, zazen, transcendental, kundalini, vipassana, mantra meditation, etc. that are effective, each brings something unique, and some meditations may feel more comfortable for you than others. Of all the meditations, I would like to give more emphasis on mantra meditation as it is one of the simplest and easiest-to-learn meditation techniques. With mantra meditation, you may feel less stressed after one session. With repeated practice, you may find yourself less reactive to future stress and it also helps in healing diseases. A mantra is a word or phrase that you repeat to yourself. I would suggest having a mantra from a faithful and reliable guru or if a guru is not available then you can chant the 'Gayatri- the mother mantra of sustaining the force that animates all life' which is known to all. You can start with 5 to 10 minute sessions and work up to 20 or 30 min in a quiet environment and in a comfortable position with eyes closed. Take out the time from your busy life and chant the mantra twice in a day and see how your life becomes joyful and successful.

*Dear friends, from today start with meditation with complete faith and devotion and get rid of your stress, diseases and depression and make your life more meaningful and cheerful.....*





# CCOVID19 & AYURVEDA MANAGEMENT

In the wake of COVID 19, an infectious disease caused by a newly discovered coronavirus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. Ayurveda documented epidemics/pandemics under the context of Janapadodhvamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Sankramika rogas. Pollution of air, water,



climate and environment is responsible for the spread of diseases on such a large scale resulting in Janapadodhvamsa. Causes of vitiation of air, water, climate and place along with their characteristics have been enumerated in classics<sup>1</sup>. Improper disposal of waste, distribution of polluted water, air pollution, indulgence in unhealthy and unwholesome activities, failure of judgment and misunderstanding of situation etc. also result in reasonable damage to the health of the society; ultimately leading to Janapadodhwamsa. Such conditions will manifest in symptoms like cough, breathlessness, fever etc<sup>2</sup>. In Ayurveda, initial phases of the manifestation can be comparable to Agantuja Vata Kaphaja Jwara. Uncontrolled conditions, further vitiate other Doshaas and other Rasa, Rakta, Mamsadi dushyas thus entering into Sannipataja condition.





Segmentation of subjects - Target Groups and management principle

TARGET GROUPS	TREATMENT
<p><b>Target Group 1:</b> Quarantine and Home isolation subjects without Corona positive test and health workers</p>	<p>Preventive treatment</p>
<p>Target Group 2: Subjects with mild, Severe symptomatology, Co-morbid and Immuno-compromised conditions</p>	<p>Symptomatic treatment</p>
<p>Target Group 3: Vulnerable Subjects (Pregnant &amp; Lactating women, Children, Geriatric subjects)</p>	<p>Integrated Care (Ayurveda management along with existing medicines under regular observation)</p>
<p>Target Group 4: Post treatment restorative healthcare</p>	<p>Treatment for recovery and Rejuvenation</p>

All the standing instructions issued by Health authorities (Ministry of Health & Family Welfare, World Health Organization and state and local health authorities) are to be adhered completely and Ayurveda Management may stand as 'ADD ON' to the present contemporary line of management.

Use of Mask, Hand Sanitization, Social/Physical distancing to break the chain healthy nutritious diet and measures of improving immunity and all other general health care measures are to be advised as per the guidelines issued by health authorities from time to time.

Courtesy- Ministry of Ayush, (Government of india)

# LIFE AFTER THE PANDEMIC:

We are witnessing a war against a microorganism holding to ransom the lives of the most advanced species on this planet. This alone can prevent the disintegration and degeneration of the social order and a return to a 'state of nature' in which men's lives would be 'solitary, poor, nasty, brutish and short'. This sounds so prophetic in the wake of this dreadful, near apocalyptic pandemic. The implications of having such an absolute sovereign in the helm of affairs, with the power to decide whom to protect and whom to punish, are indeed grave. We in India, one of the most populous countries in the world with teeming millions devoid of access to proper health care, hygienic living conditions and a semblance of social security are braving lockdown and social isolation. Given the fear, anxiety, helplessness and all-pervading sense of gloom and despondency, life will never be the same either in India or in any other part of the world, after this Corona recedes. Life after Corona demands more compassion, better fellow feeling and restrained actions to ensure better harmony with nature.



## Lessons from cancer patients in the time of coronavirus

You're washing your hands . Staying 6 feet away from people with the sniffles. You don't know if it's safe to hug your friends or family, or go to work or what. You don't even know if you'll be alive in a year.

It's scary. It's surreal. And for a lot of cancer patients, it's ... ..

For the immunocompromised and those with disease, social distancing and uncertainty are a way of life. Daily walks, gratitude and dancing help during lockdown , Cancer therapy is complex, and outcomes are centered on timing. Lessons learned should help care models for future pandemics.

**“The fight against the epidemic cannot be achieved without the support of science and technology”.**

At last given the exponential rate of development in technology, we are bound to see more practical examples of technology aimed at helping people to fight this global crisis. Let's have no doubts, things is going to over . But the life we go back to might not be the same as before.



# Lifestyle Tips (Dinacharya)

## For Boosting Immunity



### Early Morning Regime (4.30am to 8.30am)

- Wake up between 4:30 - 5:00 in the morning or 45 minutes before sunrise.
- Drink 1-3 glasses of warm water
- Gandusha / Kavala (Oil Pulling) 1 tablespoon of sesame or coconut oil for Kavala followed by warm water rinse.
- Gargle with warm water added with a pinch of turmeric and salt, Triphala, and Yashtimadhu. ShuddhaTankana (2% aqueous solution), Madhooadaka (5% aqueous solution) also can be used for Kavala graha.
- Nasal Health - Pratimarsha Nasya (2 drops of sesame / coconut oil each nostril).
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Warm water bath

### After Noon Regimen

- Don't sleep during the daytime
- Involve in Work from Home/Indoor recreational activities like Studies, Reading, Painting, Gardening, Playing-listening Music, Social Media etc.
- Evening Regimen
- Meditation / Pranayama - 30 minutes
- Indoor Recreational Activities

### Dietetic Rules

- Eat only when hungry, in the appropriate amount according to the digestive power (Neither too less nor more).
- Always take a fresh & warm diet.
- Eat easily digestible foods.
- Eat a night meal 3 hours after sunset or till 8 pm.
- Sleep atleast 2-3 hours after dinner. Adequate sleep is very important for health.



### Other General Measures:

Dhupana - (fumigation) of the house every evening with antimicrobials such as Neem leaf, Sarshapa (*Brassica campestris* L), Loban (gum bezamin/benzoin - *Styraxbezoin* Dryand), Karpura (*Cinnamomum camphora* (L) J.Presl.), Ghee etc. Also usage of Aparajita Dhooma Choorna (A.h. Jwara Chikitsa) as per availability can be adopted.



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**A DS GROUP INITIATIVE**



## BOOST UP YOUR IMMUNITY!!!

**Ms. Barnali Nandi Purkayastha**  
M.Sc. Food and Nutrition, Dietitian,  
D.S. Research Centre, Guwahati



**HOW TO KEEP YOUR IMMUNE SYSTEM STRONG....**Cancer weakens one's immune system. A healthy diet enables the cancer patient to strengthen the body's defenses and fight back infections. A healthy diet will also hasten healing of the body tissues that may be damaged during the course of the disease and its treatment.

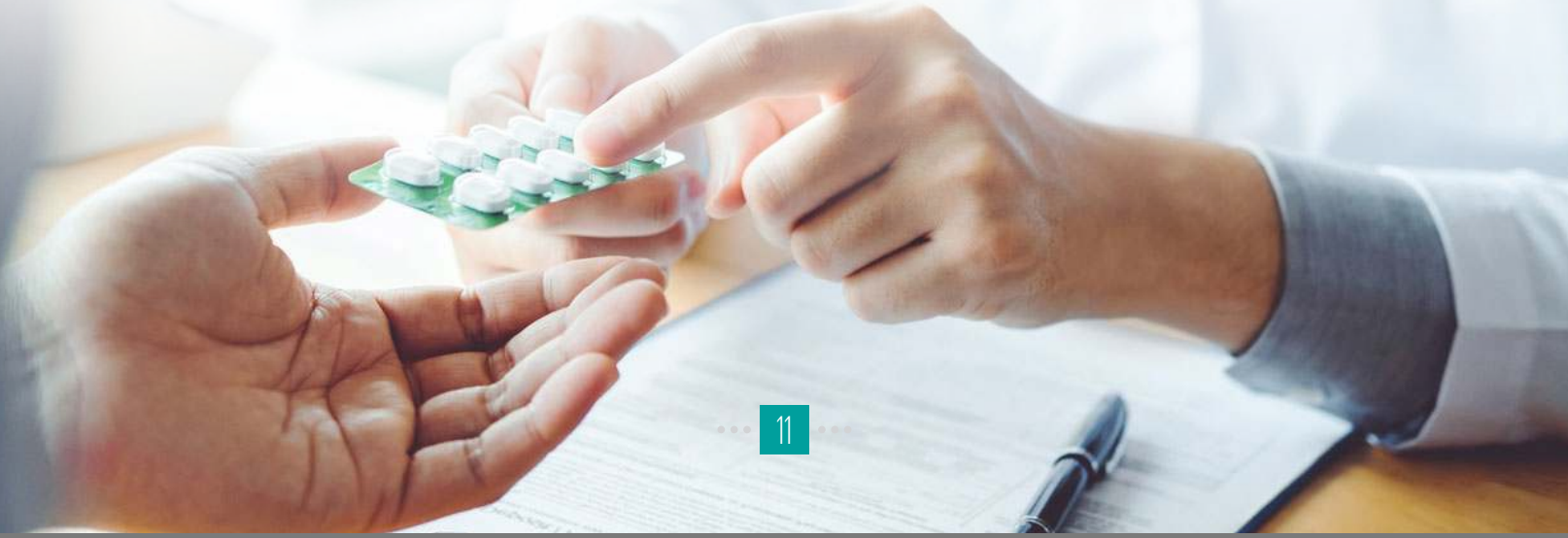
It is a well-known fact that Traditional **Systems of medicines** always played important role in meeting the global health care needs. ... India has the unique distinction of having recognized **systems of medicine** and-Ayurveda, is one of them .Ayurveda is also called the "science of longevity" because it offers a complete system to live a long healthy life. It offers programs to rejuvenate the body through diet and nutrition. Proper and adequate nourishment will help the body be strong so that it can cope with the changes which may occur as the treatment progresses.

## HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

1. Don't smoke.
2. Eat a diet high in fruits and vegetables.
3. Exercise regularly.
4. Maintain a healthy weight.
5. Stay well hydrated
6. Get adequate sleep.
7. Take steps to avoid infection, such as washing your hands frequently and cooking meats and fish thoroughly.
8. Get some morning sunlight every day.
9. Drink lemon, honey, ginger and turmeric with warm water .
10. Eat plenty of vegetables, fruits, nuts, and seeds, which will provide your body with the nutrients your immune system needs
11. Avoid deep fried, grilled, barbequed, baked meats, because subjecting animal protein to high heat creates carcinogenic byproducts called heterocyclic amines.
12. Excessive intake of salt, sugar, and oily foods should be avoided
13. Avoid Red meat and processed meats



## EAT SMART AND SLEEP WELL!!!





## SALAD MAKING



DURING THESE LOCKDOWN TIMES,  
DSRC MEMBERS  
ACROSS THE COUNTRY ENGAGED IN  
YOGA ACTIVITIES  
FROM THEIR HOMES



# COVID WARRIORS -THE HERO LIES IN YOU!

People fighting against and for the virus, Stepping Out For Work Each Day, meet our 'Corona Warriors'

Leading by example and inspiring thousands in their path, a few good Indian Samaritans are winning hearts with their efforts. Rising above the pandemic constraints and helping others in need, real-life Covid Warriors are playing a pivotal role.

Put your hands together and open your hearts to the recipients of the D. S. Research Centre Covid Warriors. They have been felicitated based on the exemplary contribution to make them feel inspired.....

## GUWAHATI



- MR. BIKASH SINHA
- MS. PREETY SHARMA
- MS. RUMA DAS
- DR. DARSHANA DEKA
- MS. RUMI THAKURIA
- MS. BARNALI NANDI PURKAYASTHA
- DR. PRIYANKA KUJUR
- MR. NIKHIL TIWARI
- MR. MONDEEP PATHAK

## BENGALURU



List of Covid Warriors from Left to Right

- Mr. Sumit.Upadhyay
- Ms. Yamuna
- Ms. Nethravathi.
- Dr. Divya
- Dr. Geethanjali
- Ms. Vijaya.Lakshmi.





# COVID WARRIORS



## KOLKATA



- Mr. Tarit Mondal
- Ms. Barnali Das
- Ms. Samapti Majumdar
- Ms. Shramana Singha
- Dr. Shibangi Das
- Dr. Anirban Bhattacharya
- Dr. Samrat Mukherjee
- Ms. Sangeeta Muhury
- Ms. Deepsikha Champati
- Ms. Debasmita Pal
- Mr. Vrigu Ram Patra

## HYDERABAD



- Mr. Shaik Farook
- Dt. Yasmeen Khanam
- Dr. Swetha Panchagiri
- Dr. J.S.R. Sirisha
- Ms. Afreen Banu
- Mr. Sreekanth Mishra



# COVID WARRIORS

## MUMBAI



- Ms. Prerana Nikam
- Mr. Kunal Gade
- Mr. Monu Singh
- Mr. Raju Mogale
- Dr. Archana Kori
- Dt. Jyoti Rao
- Dr. Megha Chafekar
- Mr. Prajakt Gurav
- Mr. Tushar Kashid
- Mr. Amol Pujare

## VARANASI



- |                            |                       |
|----------------------------|-----------------------|
| Mr. Raju                   | Not present in photo- |
| Mr. Pradeep Kumar Jha      | Mr. Ashutosh Pandey   |
| Mrs. Sristi Jaiswal        | Mr. Nagendra Mishra   |
| Mr. Dhananjay Kumar Singh  |                       |
| Mr. Sunil Singh            |                       |
| Dr. Sanjay Srivastava      |                       |
| Mr. Awadhesh Kumar dwivedi |                       |
| Mr. H. S Upadhyay          |                       |
| Mr. Sunny                  |                       |



# LOCKDOWN HEROES



Here is a man who travelled from Bengaluru to Dharwad to help a patient suffering from cancer. H. Kumaraswamy, 47, a head constable in Bengaluru, travelled 420 km on his two-wheeler to deliver medicines to the cancer patient who is under treatment of D.S. Research centre Bengaluru . It was through a local media channel that Kumaraswamy learnt that this patient was in distress and required medicines. The patient usually got his medicines by courier from a hospital which specialises in alternative medicine, in Bengaluru. Kumaraswamy headed to the news channel's office and obtained the details of the patient, Umesh, a father of two school-going children. He then went to the hospital to collect the medicines that Umesh had ordered and set out for Dharwad at 4.30 am on Saturday. He rode on his Honda Activa for the next 420 km.



"I stopped at six police checkpoints to explain why I was travelling. Although I am a policeman, I had to explain the reason for my travel," he told The Telegraph India.

He reached the patient's house at 2.30 pm. After spending about two hours with the patient, he started for Bengaluru by about 4.30 pm. Post a stopover at Chitradurga overnight, he reached his destination at 10.30 am the next day.

"We pour our heart's gratitude and thankfulness before you. We salute your determination and grit. India shall be safe and emerge victorious in this fight against COVID-19 because of your selfless toil and sacrifice,towards the services of humanity"

-D.S. Research Centre family



## LOCKDOWN

## HEROES





**Ashok K. Trivedi**  
Chief Mentor,  
D.S. Research Centre

## CANCER & THE ANCIENT AYURVEDA BASED NUTRIENT ENERGY TREATMENT. What to expect!

Cancer is like a rebellion in our body. Like every rebellion, it has its root causes which are far deeper than the manifesting 'cancerous cells'. And as in the case of a rebellion, killing the few rebellious cells that manifest themselves in the form of a 'tumour' does not necessarily mean that you have squashed the rebellion that caused the cells to form the tumour. The Rebellion still exists. And in all probability may manifest again in another part of the body or in another form.

The war being fought against 'cancerous cells' and 'tumours' is only a remedy for the immediate threat. In order to make cancer to retreat and stop the rebellion or the treatment to be more effective in the long run, Ancient Ayurveda believe rooting out the cause or making healthy cells more effective so that the growth and spread of cancerous cells is minimized or stopped completely.

### WHEN **DSRC PATIENTS** SHOULD **SEEK OUTSIDE** **HELP!**

As reported and observed earlier by many well response cancer patients ,and further clinical studies shows that the Ancient Ayurveda based Nutrient Energy Treatment of Cancer works on the root cause and help the body to fight it from within.? it does Not impact the symptoms or symptomatic discomfort immediately.Although, with time, when the cancer subsides from within the symptoms automatically come down, but until that time, discomfort from pain and other physical and mental discomfort must be managed to maintain a healthy existence for the patients. This can be done through various methods, including pain medication, invasive procedures and others.



Here's a run-down of ailments that must be treated at a reputed institute / hospital without delay:

1. Any problem other than Cancer?. Quality of life for our cancer patients is of paramount importance, hence any kind of discomfort must be dealt with urgently to retain that.
2. For severe pain management. ?Pain can greatly affect the quality of life of a cancer patient. To manage cancer effectively, pain control management along with DSRC treatment is imperative. Although not everyone with cancer experiences cancer pain If you have advanced cancer - cancer that has spread or recurred - your chance of experiencing cancer pain is even higher. For persistent and severe pain, immediate and effective solution must be sought from a certified doctor.
3. In case of severe weakness and/or severe medical emergencies.
4. In case of Throat Cancer?, if the patient has trouble breathing and a breathing tube needs to be inserted. This must be done with the expertise of a certified surgeon.





5. In case of Mouth, Throat, Food Pipe Cancer and near complete blockages of the food pipe, feeding pipe needs to be inserted with the help of a certified doctor or hospital. Medications should be given by diluting in water and through that feeding pipe.

6. In case of patients with Cancer of the liver, gallbladder, pancreas, C.B.D. and spleen etc?. if jaundice develops due to obstruction, a tube needs to be inserted through bypass surgery to take the bile out. This procedure must be done with the help and advice of a certified doctor or surgeon.

7. In case of patients with Liver Cancer: if fever rises above 1000 F medicines to reduce fever can be taken. However, if more problems arise like jaundice, a certified doctor's advice should be taken.

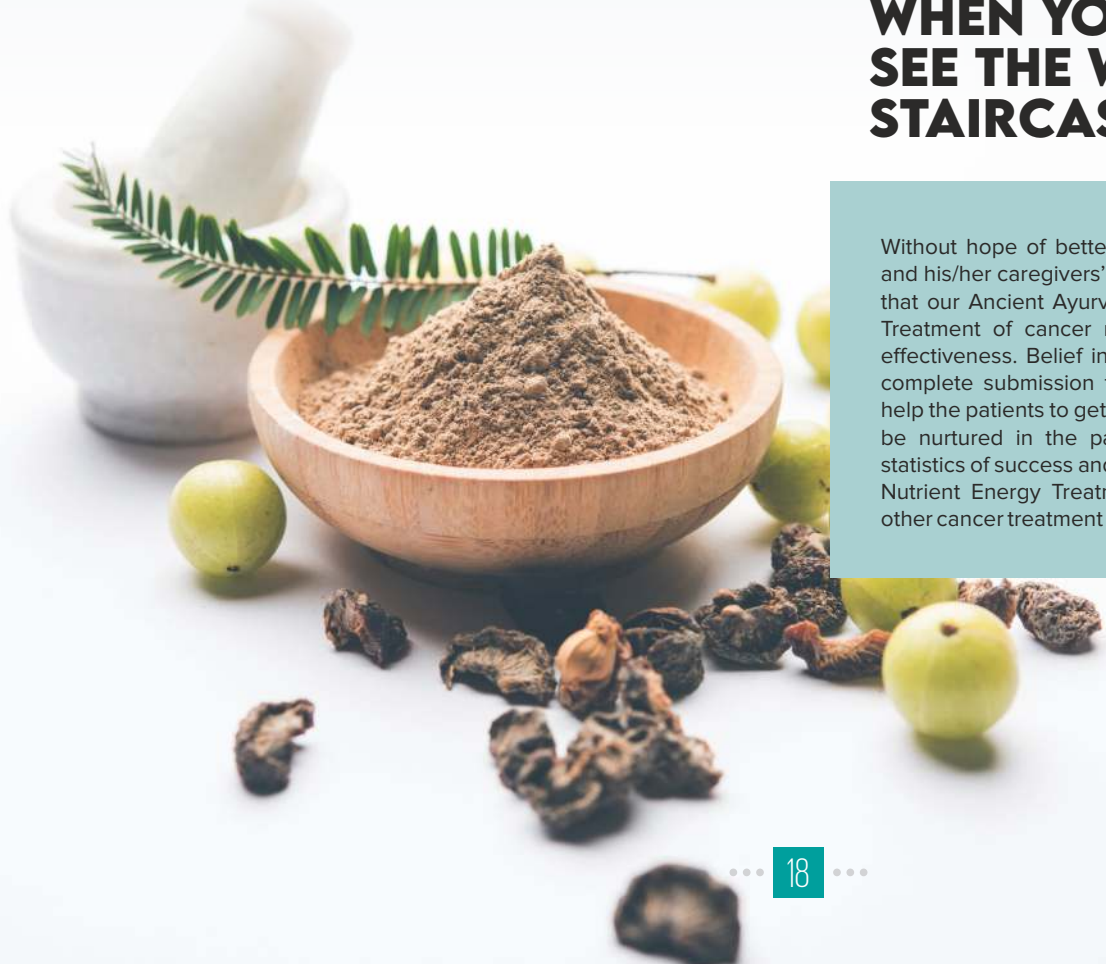
8. ?In case of Brain Cancer?, if vomiting, dementia, and/or paralysis type symptoms arise professional help from a certified doctor should be sought.

9.?In case of Blood Cancer (A.M.L and A.L.L) emergency situation may arise anytime. Hence the patient must be close to a good hospital and his blood count should also be maintained.

10. In case of Blood Cancer (C.L.L and C.M.L)?, if WBC count goes beyond 20,000 outside medicines need to be taken under the advice of a certified doctor. But when the count comes below 20,000 medical advice shall be sought from the prescribing doctor for discontinuance of medicine.



“**FAITH IS TAKING THE FIRST STEP EVEN WHEN YOU DON'T SEE THE WHOLE STAIRCASE.**”



Without hope of betterment in the patient's mind and his/her caregivers' minds the holistic approach that our Ancient Ayurveda based Nutrient Energy Treatment of cancer may not work with utmost effectiveness. Belief in the process is a must and complete submission to the center's advices will help the patients to get better, faster. That hope can be nurtured in the patient's mind by the sheer statistics of success and the supremacy of results of Nutrient Energy Treatment in comparison to any other cancer treatment method.



**Dr. Richa Trivedi**  
Consultant Doctor  
D.S. Research Centre

**CANCER/TERROR**-The name cancer has become synonym of terror.No doubt the medical science is putting their best effort and taking various steps but it's just coming out as treatment of trial or symptomatic treatment or just maintenance. Patient families are suffering from confused state of mind to get the best and carries away their patient from one doctor to other or from one hospital to another one.

**What's Happening**-There was a time when, people use to live their life without cancer but somehow now a days it is spreading like a forest fire.It is always accompanied with a suffering, pain, a never-ending treatment plan and life expectancy. It is usually when there is extreme deviation of metabolism in human body, it takes a turn towards malignancy. Our metabolism does not compromise with the deviation and hence it frees itself when the deviation is less but when deviation is beyond repair,it cannot. This deviation goes beyond repair because of so many factors affecting it. Be it food, lifestyle, medication we take to get rid of ailments, pollution and so on. This list is never ending. Depending on degree of deviation disease had been categorized as curable and incurable. This deviated metabolism produces deviated substances and is unable to throw out those unwanted substances from our body.So,such diseases can be cured only by correcting the metabolic deviation.

**Treatment**-We should understand our body is not built to fall ill. It is ready to combat every possible disease and clear the ailments. When we say that antibiotics are

curing us from disease, we might be looking at picture from one side. Occurrence of any infectious disease is not only presence of the bacteria or the virus in the body,the disease is when it produces certain pathological changes in the body. Those pathological changes are the cause of the suffering and that what constitutes the disease. Yes, antimicrobial agents play a very important role by eliminating the causative agents, but this only helps the body to clear itself from the disease caused by their presence. Everything that is needed to cure a disease is already present in our body, yet it suffers the pain and agony of cancer.

We prefer to eat healthy food when we are not suffering from any disease leading healthy life,then why there is medication with so many side effects for unhealthy body?How do we treat such diseases or how the deviated metabolism be rectified? If complex and adverse way of treatment is given to body, it will adversely affect the metabolic process which is already facing deviation and will increase further.

**Then How**-We take care of the body; the body will be strong enough to take care of itself. **FOOD**...Yes basis of life. Nutrient Energy derived from human edible, only the human edibles. What we classify as our food has the ability to help body in its fight against cancer. What nourishes us, can be used for the purpose of correcting this deviated metabolism and take it back to normalcy.



# The new normal food habit

**Ms. Nabaruna Ganguly**  
M. Sc. Food processing & Nutrition Science  
Dietitian, D.S. Research Centre, Kolkata



We recently got introduced to the word new normal. But most of all us, we actually don't know what is this word "new normal" actually refers to.

We are surviving & suffering many issues during this pandemic situation. There was so many restriction during first lock down session of this pandemic year 2020. Now, we are experiencing unlock 4.0, with minimal & obvious restriction we have to follow to stay healthy & safe from the CORONA virus infection.

We had many dietary supplements, food to boost our immunity & stay strong. We completely eliminated outside food, fruits etc. We completely eliminated cold temperature food like ice cream, cold drink from our favorite list.

Now, we have to adopt some habit which was ignored by us previously before pandemic situation, now we have to follow that strictly to stay healthy, that is "**new normal**" for our food habit.

Here some guidelines for your new normal daily dietary habit that will help you to stay immune-strong during rest of your life.

1. Wash all the raw materials properly & separately with water only, don't use any surfactant chemicals. If you are carrying packaged food material, then 1<sup>st</sup> sanitize that food package. Ensure that also, there is no leakage in that package.
2. Have always protein rich foods. Choose the healthy protein source like lean meat, fish, egg, pulses, nuts, mushrooms, soybean etc.

3. Try to consume balance diet which nourish you properly according to your health condition. Don't ignore your other health issues like hypertension, COPD, CKD, diabetes etc. for staying fit & healthy.
4. Cook properly every food item except fruits. We should soak fruits in water for at least 20 minutes, then rub the surface/skin properly with scrub pad to eliminate any dirt from the fruit. Try to consume fruits after removing the peel.
5. Try to avoid cold foods like ice-cream, soft drinks for at least next 1-2 years. If you still have it, ensure a good hygienic source, not from street side.
6. Try to have vitamin C enriched food at least two number /day.
7. Drink lukewarm water throughout the day. Stay well hydrated.
8. Keep your favorite immune booster food items like tulsi, garlic, ginger, black pepper, honey anything in your daily intake list.
9. Choose only hygienic, clean place for eating out. Don't order salad like raw food from outside, which you can't reheat.
10. Choose only seasonal, local fresh fruits & veggies to get proper vitamins & antioxidants.

## STAY FIT, TO FIGHT WITH COVID.





## AYUSH KWATH

As COVID-19 cases continue to rise across the world, the Ministry of AYUSH is recommending the public to use a herbal decoction as an immunity-enhancing measure against the novel coronavirus. The ministry claimed that 'AYUSH KWATH' formulation can help boost the immune system, the body's first line of defense against bacteria and viruses.

The AYUSH ministry, in a letter, directed states and union territories to start commercial production of the herbal formulation claiming that it enhances immunity. The instruction comes amid a rise in COVID-19 cases in the country. AYUSH KWATH is a combination of four medicinal herbs commonly used in every Indian kitchen - basil leaves (tulsi), cinnamon bark (dalchini), Zingiber officinale (sunthi), and krishna marich (Piper nigrum). Earlier, Prime Minister Narendra Modi, while addressing the nation on lockdown, had recommended the use of alternative medicine as suggested by the AYUSH ministry to boost immunity.

### Ingredients:

- Tulsi (Ocimum sanctum) leaves - 4 parts
- Dalchini (Cinnamomum zeylanicum) stem bark - 2 parts
- Sunthi (Zingiber officinale) rhizome - 2 parts
- Krishna Marich (Piper nigrum) fruit - 1 part

### Procedure:

Dissolve 3gm powder (comprising all ingredients) in 150ml hot boiled water

You can add gud or gur (jaggery)/draksha (resins) and lemon juice to your decoction

According to the ministry, the decoction can be consumed once or twice daily to help strengthen your immunity against COVID-19. The formulation, which may be manufactured and sold in generic name as 'Ayush Kwath' or 'Ayush Kudineer' or 'Ayush Joshanda', is suitable for consuming like tea or hot beverage every day.





# DIETARY NO'S AND WHY'S IN CANCER

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M.Sc. Food processing &  
Nutrition Science Dietitian  
D.S. Research Centre

Diet is the major site of intervention in the treatment of cancer. It is important to ensure proper balanced nutrition before, during and after treatment to improve quality of life, ease faster recovery and lower the chances of remission. 30-40% of all cancers can directly or indirectly be influenced by lifestyle and dietary measures alone.

Nowadays, we hear of certain special diets often, highly restrictive ones can help treat cancer or keep it from coming back. But there is no good evidence that a restrictive diet can keep cancer at bay. And some might actually be harmful. Better is to stick to a well-balanced diet with lean proteins, low-fat products, and plenty of fruits, vegetables and whole grains. American Institute of cancer research and American cancer society encourage largely plant-based diet to help prevent and treat cancer. Consuming the right foods can weak a tumour's metabolism, making treatments more effective.

## Some common food-related confusions among cancer patients:

### SUGARS:

It is true that because cancer cells grow fast, the cells use more sugar for energy than normal cells. According to studies, its consumption may be a risk factor for a few cancers. But there is no clear evidence to show that eating sugar will make cancer worse, or avoiding sugar will shrink a tumour or make cancer disappear. While limiting added sugars from sweets and desserts is a wise choice.



### RED MEAT AND ITS PRODUCTS:

According to AICR, there is convincing evidence linking red meat and processed meat consumption to an increased risk for colorectal cancer. According to a study, red meat has a compound, haeme which promotes the formation of potential carcinogenic n-nitroso compounds. Besides, cooking at high temperatures and processing also changes the nature of red meat which may play a role in link to cancer.



### MILK AND MILK PRODUCTS:

Many of the milk products contain saturated fats and cholesterol that tend to increase inflammations in the body. Proteins in dairy products are made up of mostly casein, which studies suggest may increase the development and/or metastasis of cancerous tumours. For this reason, cancer patients are usually advised to exclude milk from the diet.





# BIPS

## ADAPTING TO THE 'NEW NORMAL' IN EDUCATION.



COVID-19 is bringing about a whole set of new challenges in every possible realm; Education being just one. The rapidly evolving situation around the pandemic, has this forced shift from offline to online mode of teaching-learning. Technology-enabled teaching is definitely the future we are looking towards standing at this phase.

When it comes to a new normal in education, this means more effort from students and more patience from professors...and vice versa. We all know students ultimately need to listen to their teachers, but teachers who are receptive and understanding will listen to your needs if you're still trying to give your best—even if your best is a little rusty.



Bengal Institute of Pharmaceutical Sciences has always accepted challenges, “The new normal education “ mode was accepted too with extra zeal and dedication keeping the academic future of our students in consideration. BIPS embraced creative learning method in virtual platform by bringing the entire education lives confided in laptops through Zoom /Google room classes (online meeting platform). Though its was not at all a easy task but still we as educational Institute tried our best to cater virtually learning sessions , discussions , submission of assignments digitally to keep up the academic graph of our students in continious mode. But yes every situation teaches us some lesson and COVID-19 has taught us to use digital platform in a smarter way thus we adapted to spread education beyond physical classes. We all got connected in a much proficient way rather than using internet as an entertainment alternative and learnt to use each and every bit of technology for not just spending time but to spend it wisely and logically and use it in true learning and spreading education by reaching out our students.

Its indeed a challenging time for both our students and faculty members but we have no other alternative at this moment to follow with and we hope that we come out of this critical crisis phase and once again our corridors , classes , canteens are surrounded with the voices, discussions of our students.

The new Normal mode is on though but still we hope this shall pass too we all along with our students come back to the motion of normal academic life.



**Dr. Lopamudra Bhattacharyya**  
Principal In Charge



Bengal Institute of Pharmaceutical Sciences

Joint Venture with H & FW dept Govt of WB  
ISO 9001 - 2015 CERTIFIED





## Bengaluru Inception Day 2020

D.S.Researchcentre, Bengaluru clinic celebrated its 10<sup>th</sup> Anniversary on 10<sup>th</sup> August 2020.

On this very special occasion, we had in house cultural activities..

The programme started with invocation to lord Ganesha, a dance by Dr.Divya..

Followed by a duet song..of lord Mahadev..

Followed by lamp lighting.

Speech by Dr.Richa..

And an emotional experiencing sharing of her 10 yrs journey in DS..by Dr.Geethanjali.

Followed by cake cutting.

On this very special occasion ..Distribution of food items at Jnana Mandir, an orphanage for girls by Mr.Sumit Upadyay on behalf of D.S.R.C.

## Mumbai Inception Day 2020

It's a very proud moment to announce that, D. S. Research Centre, Mumbai, completed 9 years & proceeded for the 10th year on 5th July, 2020. Every organization has a dream to make an identity in a prime location on a map. And yes, A reason for celebration is that we've marked a successful journey in a city like Mumbai. Celebration doesn't mean to enjoy by involving ourselves. It means, make people involved & make them feel special in our successful journey of defeating cancer.

But this year due to COVID - 19 pandemic, a team arranged the celebration differently, i.e., virtually called as "AapDekhi, AapSuni". All participants joined this celebration from home, because stay home, stay safe is more important in this pandemic.

On 4th July, 2020; a day before a Inception day team visited



Shraddha Foundation, Chembur and distributed goodie bags [Hand Gloves, Head Cap, Sanitizer Sachet, Face shield, Soap, AyushKadha, Packet of resins and watermelon magaj, Greeting Card, DS Magazine ] to the cancer patients residing in it. Greeting cards with a hygiene kit sent to the patients and for POCs.

Also, arranged small fun activity for staff members.

On 5th July, DSRC team started the celebration of this grand day with Diya Lightening by Staff members

Then the program started online/virtually - name for this session "AapDekhi, AapSuni". All the participants including patients and their relatives also joined in the celebration

Ms. PreranaNikam gave brief about the day to everyone

Mr. Amit Gaikwad and Mr. PrajaktGurav gave an individual performance in singing

Dr. Archana share her thoughts on "Dual Challenge - Cancer and Covid"

Then Dr. Megha introduced Patients and their relatives. Participants speaker were as follows;

- Ms. Jyothi Rao
- Ms. Hemali Shah D/O Sarojben Shah
- Mr. Divyaranjan S/O LaxmidharBehara

Above mentioned speakers shared their experience with D. S. Research Centre and its treatment and also congratulate the team

The cake cutting was done by team members

Apart from above activities Ms. PreranaNikam announced 4th year completion of MITWA

Mr. RajuMogale expressed gratitude to everyone who joined in the celebration by giving time from his/her busy schedule

Program ends with the lines from poem of Mr. Harvanshraj Bacchanji

धनुषउठा, प्रहारकर  
तूसबसेपहलावारकर  
अग्निसीधधक-धधक  
हिरनसीसजगसजग  
सिंहसीदहाड़कर  
शंखसीपुकारकर

# HAPPY Birthday TO YOU



**PARAG AYIR**  
1<sup>ST</sup> OCT



**TANAYA GOSWAMI**  
7<sup>TH</sup> OCT



**SUMAN BISWAS**  
15<sup>TH</sup> OCT



**K. P. DAS**  
28<sup>TH</sup> OCT



**SHELLY RAY**  
28<sup>TH</sup> OCT



**DR. SAMRAT MUKHERJEE**  
28<sup>TH</sup> OCT



**PINKI BAISHYA**  
28<sup>TH</sup> OCT



**DINESH LAL DAS**  
12<sup>TH</sup> OCT



**DR. DARSHANA DEKA**  
21<sup>ST</sup> OCT



**DR. GEETHANJALI MADA**  
4<sup>TH</sup> NOV



**ANJALA**  
4<sup>TH</sup> NOV



**AMOL PUJARE**  
4<sup>TH</sup> NOV



**RAJU MOGALE**  
12<sup>TH</sup> NOV



**SHRAMANA SINGHA**  
19<sup>TH</sup> NOV



**VINAY TRIPATHI**  
13<sup>TH</sup> NOV



**SMRITI SOUMYA**  
28<sup>TH</sup> NOV



**NEHA MASKARA**  
3<sup>RD</sup> DEC



**RIA CHAKRABORTY**  
8<sup>TH</sup> DEC



**AMIT GAIKWAD**  
8<sup>TH</sup> DEC



**SUMIT UPADHAYAY**  
26<sup>TH</sup> DEC



**SHREEKANT MISHRA**  
27<sup>TH</sup> DEC



**GAJENDRA NATH MISHRA**  
28<sup>TH</sup> DEC



**TUSHAR KASHID**  
28<sup>TH</sup> DEC



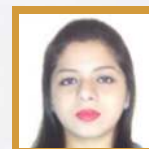
**HARI SHANKAR UPADHYAY**  
1<sup>ST</sup> DEC



**MRS. SRISTI JAISWAL**  
2<sup>ND</sup> DEC



**SUNIL KR. SINGH**  
7<sup>TH</sup> DEC



**RUMI THAKURIA**  
30<sup>TH</sup> DEC





# From gloom to beckoning of **LIGHT**

Old Ancient Vedas ,Ancient Ayurveda become tools for search of incurable diseases for the founder scientist of DSRC. Years of studies , evidences and researches give a clue , to find the cure of incurables.

Thus DSRC came in to existence on the memory of Dayashankar (DS)., in the year 1965. Proving of nutrient energy obtained from human edibles, give second lease of life ,to many patient who get discarded by modern treatment.

A hypothesis and route is invented,  
and journey began .....



D.S.  
Research  
Centre

LET US SAVE OUR WORLD FROM CANCER  
An "ISO 9001:2015" Organization