



DS TIMES

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ACTIVATE THE POWER OF YOUR WILL TO FIGHT CANCER!

From understanding the reality to defying the odds to, here's an account of how one can prevent and survive the disease.

Featuring some of the leading doctors, specialists and other experts.

KNOW THE CANCER RISKS

Which cancer treatment is best for you? There's no right or wrong answer. But being involved with your treatment plan may give you greater peace of mind and can let you focus your energy on what you need to do most — keeping yourself healthy throughout your treatment.

It is a comfort to know that the outcomes of cancer treatment are offered by Ayurvedacharya & Dietitians of D.S. Research Centers are outstanding by comparison with others. Due to the proven past treatment methods and outcome, recovering from the disease is increasingly possible in most of the cases, or at least the symptoms caused by cancer can be treated and the progression of the disease slowed down.

It is important that cancer patients ensure that they have a varied diet and adequate fluid intake. Even though your appetite is sometimes bad, it is important to get sufficient energy and nutrients from your daily meals. Cereals, green vegetables, pulses and foods with high levels of iron, such as spinach and cabbage help one maintain energy levels. The same goes for eating small meals frequently. You can snack on ready-made food supplements, which contain abundant nutrients in small amounts. It's good to discuss diet with a doctor or dietician.

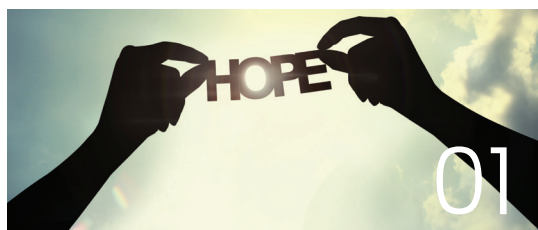
Ashok K. Trivedi

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Chief Mentor



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HOPE: THE MAGIC INGREDIENT YOU NEED IN LIFE



Hope is one of the greatest allies supporting quality of life.

Hope can be a major tool of empowerment and an element for sustaining life and the will to live. We hope for better times. We hope for remission. Sometimes the biology of a cancer will dictate the course of events, regardless of the patient's attitude and fighting spirit. These events are often beyond our control. The treatment of cancer can take years; one must prepare for an uphill battle. Diverting one's mind from the disease by engaging in activities of interest or by getting back to work (if health permits) can prove beneficial. Patients are often overwhelmed by the tests and procedures while navigating through life that no longer seems familiar. This can have an emotional, Mental and physical impact on the patient. To combat this, patients benefit from techniques that relax and calm the mind, one of which is a customized sequence of yoga, breathing techniques like Pranayama and Meditation,

Which can help heal from the inside out. Patients with positive attitudes are better able to cope with disease-related problems and may respond better to therapy. . One of the ways to cope with the disease is allowing you to accept whatever feelings, both emotional and physical that present themselves. It is important to find someone to confide in. This could be a friend or family member or your Doctor. After an initial period of feeling devastated, they simply decide to assess their new reality and make the most of each day. The best thing a patient can do to strengthen the will to live is to get involved as an active participant in combating his or her disease. When patients approach their disease in an aggressive fighting spirit, they are no longer helpless victims. Instead, they become active partners with their medical support team in the fight for improvement, remission, or cure.

About the Author



Dr. Geethanjali Mada, Senior Ayurvedacharya, D. S. Research Center - Before becoming an integral part of DSRC she was associated with Action AID India and Sumangali Seva Ashram from 1990 apart from running her own clinic. Dr. Geethanjali Mada has over 28 years of practice.

FACING CANCER WITH COURAGE

First and foremost let's not fear cancer - cancer is treatable. Also, to treat cancer it is very important to take conscious consistent steps to keep a stable, calm, positive and relaxed mind. Physical health permitting, go about your daily routine - because cancer does not mean that you are bedridden. Second, do not isolate yourself - social interactions matter. They help you feel good about yourself. Thirdly, discipline. Discipline goes a long way in keeping the mind positive and the body's immune system strong. Discipline of food intake - as a correct diet plays a major role in improving & strengthening the body - simple changes in lifestyle habits like go green / less white sugar - stay active - walk - get sunshine - connect with nature.

Last but not the least, natural adaptation- yoga & pranayam / breathing practices. Due to physical weakness of the body, cancer patients often take to yoga & pranayam which steadily strengthen the body , mind & will. As yoga stretches get the physical body invigorated. Yoga asanas involve

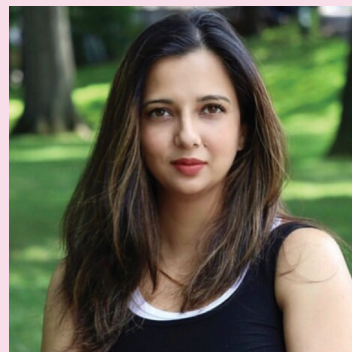
Although it's not a cure, pranayam can help you survive cancer with strength, hope, and vitality.



gentle spine stretches, these help to address spasms , back pain and other similar symptoms which arise due to cancer treatments. When we understand that there are 72000 nerves that are managed by our spine - we realize the power of yoga asanas as these always strengthen the spine by making it more flexible and blockage free thus enabling the 72000 nerves running through it to do their work in harmony.

Pranayam involves consciously breathing in more oxygen. More oxygen means better blood circulation to the vital organs. Better blood circulation naturally means more immunity to the body and better mental health due to ample oxygen to the brain cells. Pranayam is a very hands on tool that anyone can do sitting in one place, without physically exerting oneself. Doing pranayam helps anyone to deal with anxiety, stress, depression - simply because more oxygen is reaching the brain cells & nervous system, thus changing the neuroplasticity of the brain. This inturn brings stability to the monkey mind and helps in dealing with the issue at hand, which is accepting cancer and preparing oneself to put one's best foot forward in spite of it.

About the Author



Preet Kaur is a yoga instructor based in Westchester New York with specialization in Indian Hatha/Ashtanga yoga. She inspires many and passionately committed to serving others to focus on overall wellness, commit to long-term health and fitness goals. Preet works with individuals with chronic illness and has achieved remarkable results through the discipline of Yoga which has impacted lives in a most profound manner

Learning that you have a serious illness is a blow. Cancer is frightening and tormenting. Fear is a natural response when you are faced with an unknown and serious illness. Not everyone responds to his or her illness in the same way. The situation of everyone who has cancer is distinctive.

**Activate
your power
of the will
to fight
cancer!**

Hope has different meanings for each person. It is a component of a positive attitude and acceptance of our fate in life. We use our strengths to gain success to live life to the fullest. Circumstances often limit our hopes of happiness, cure, remission, or increased longevity. We also live with fears of poverty, pain, a bad death, or other unhappy experiences.

We have always been fascinated by the power of the will to live. Like all creatures in the animal world, human beings have a fierce instinct for survival. The will to live is a force within all of us to fight for survival when our lives are threatened by a disease such as cancer.

Yet this force is stronger in some people than in others. Sometimes the biology of a cancer will dictate the course of events regardless of the patient's attitude and fighting spirit. These events are often beyond our control.

But patients with positive attitudes are better able to cope with disease-related problems and may respond better to therapy. Many physicians have seen how two patients of similar ages and with the same diagnosis, degree of illness, and treatment program experience vastly different results. One of the few apparent differences is that one patient is pessimistic and the other optimistic.

Nurturing hope Of all the ingredients in the will to live, hope is the most vital. Hope is the emotional and mental state that motivates you to keep on living, to accomplish things, and to succeed. A person who lacks hope can give up on life and lose the will to live. Without hope, there is little to live for.

Getting Involved

The best thing a patient can do to strengthen

the will to live is to get involved as an active participant in combating his or her disease. When patients approach their disease in an aggressive fighting posture, they are no longer helpless victims. Instead, they become active partners with their support team in the fight for improvement, remission, or cure. This partnership must be based on honesty, open communication, shared responsibility, and education about the nature of the disease. The result of this partnership is an increased ability to cope that, in turn, nurtures the will to live.

Those who must live with cancer can live to the maximum of their capacity by

- living in the present, not the past,
- setting realistic goals and being willing to compromise,
- regaining control of their lives and maintaining a sense of independence and self-esteem,
- trying to resolve negative emotions and depression by actively doing things to help themselves and others, and
- following an improved diet and exercising regularly.



The earliest approach to treat cancer was exceptionally direct—excising it—Surgery, but now physicians have many more options to treat their patients. These various approaches—surgery, radiotherapy, chemotherapy, targeted therapy, immunotherapy, ayurveda, etc.—constitute the “treatment” aspect

Ayurveda is that its treatments always yield side benefits, not side effects. Multiple herbs mentioned in Ayurvedic texts possess great potential for treating cancer and also for rejuvenation and restoration of health makes it unique. This is more successful, as it benefits the patients not just by treating the main cancer but also helps in relieving the side effects of

• Widespread use of combined therapy

Cancer is difficult to treat because it is enormously complex, and can adapt and evolve as its environment changes and in response to treatment. Each type is genetically diverse, and there is variation even between the different cells of an individual patient’s tumor. Cancer cells do not send and receive chemical signals through linear pathways, but via intricate and hugely complex webs. After hearing the diagnosis of cancer, the patient is faced with a multitude of problems like — physical, financial, psychological, social, spiritual, and so on. It not just affects the patient but also their families. Focus should be only to treat the illness which shall benefit the patient in every aspect.

Ancient Ayurveda in Combination with Modern medicine: A Great Option for Cancer Management..



of cancer control. These new treatments unfortunately have not reduced the still substantial toll of cancer or led to the expected victory in the “battle of cancer.”

In many cases, the cancer returns, often in a more aggressive version than the first time around. Modern cancer therapy is known to have drug-induced toxic side effects for treating the disease. So combinations of treatments are being used to treat the cancer. The main goal of Ayurvedic treatment (Chikitsa) is to find the ultimate cause of an illness and treat it. The great thing about

modern treatments. The second aspect of Cancer control is ‘prevention.’ Many cancer cases are not random occurrences but rather are the body’s response to a particular carcinogen. Strategies such as quitting smoking and alcohol use, improving healthy food consumption, eliminating environmental carcinogens such as asbestos, and vaccinating against cancer-causing viruses eg: HPV seek to prevent cancer from occurring in the first place have also found to be successful.

- Early detection
- Therapeutic /Treatment modalities

About the Author



Dr. Archana Kori,
Ayurvedacharya, D. S. Research Centre, Mumbai, graduated from YMT medical College Navi Mumbai. She holds an experience of practicing in her own private clinic for 8yrs before joining the organization. She has also been an active member of NIMA Mumbai since 2011.

**Mr. Sudhir Kumar Bala,
North 24 Parganas, West Bengal
Active for 23 years and counting**

**There is
more to
life after
cancer.
23 years
to be
precise.**

I was suffering from Urinary Bladder Cancer.
D.S.R.C.'s treatment boosted my confidence and
helped me get back to leading a normal life.



LET US SAVE OUR WORLD FROM CANCER

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HOW TO EAT TO BEAT CANCER?

Eat More Plant Foods. **"Small changes can have a big impact,"**

Many experts recommend filling your plate with foods that grow from the ground. Decades of research suggests that the best diet for cancer prevention is all about plants. That means lots of fruits, vegetables and legumes, and little to no meat or other animal products. The natural question: Are vegetarians more resistant to cancer because they don't eat meat? Or is it because of what they eat instead? It's true plant-based foods, such as fruits, vegetables, legumes, nuts and whole grains, are packed with nutrition. And research has also shown that eating lots of them is linked with lower cancer rates. Start by reducing dietary fat intake,

especially animal fat. Make your diet rich in plant foods including vegetables, whole grains, legumes (lentils, beans and peas), nuts, and seeds. These foods provide vitamins, minerals, and other plant compounds that have cancer-protective effects. They also provide fiber, which protects against colorectal cancer.

Most plant foods in their natural form are lower in calories than many other foods. Eating mostly plant foods to meet your nutrient needs can satisfy your hunger while making it easier to stay at a healthy weight.

Make plant foods the focus of your meals and snacks.



Barnali Nandi Purkayastha, Dietitian, D. S. Research Center, Guwahati is a Post Graduate in Food & Nutrition from Assam Agricultural University, Jorhat, Assam in the year 1997, Mrs Barnali Nandi Purkayastha has an experience of more than 15 years in the field of Medicine and Health industry.

DSRC Knowledge Center Webinars Archived

As part of our mission to make cancer 'less frightening by enlightening', DSRC regularly hosts webinars that bring experts and valuable updates to a screen near you. Our webinars address timely and relevant topics like on developments in cancer and oncology diagnosis, prevention, and treatment through these curated webinars. As the race toward a cure for cancer continues, advances in cancer research are constantly revealed as innovation in the field of oncology progresses. All webinars are open to individuals diagnosed with cancer, caregivers, advocates, and health care professionals. We archive each webinar so that members can access the content on demand.

sarcoma
A Forgotten Cancer
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An open-to-all webinar
25th July, 2022, 4:00 pm onwards
Duration: 60 minutes

Our panel of experts



Dr. Koustav Mazumder

MBBS, DMRT, MD, DNB, MNAMS, ECMO,
Nell Joseph Fellow, Tata Memorial Hospital, Mumbai
Assistant Professor And Grade II Consultant Radiation
Oncologist, Chittaranjan National Cancer Institute,
Kolkata Joint Secretary, Association of Radiation
Oncologist of India, West Bengal Chapter



Dr. Anirban Bhattacharya
(WEBINAR HOST)

B.A.M.S. Ayurvedacharya & Pharma
Director, D. S. Research Centre, Kolkata



Dr. Meena K.

Dietitian (MPhil food and nutrition)
D. S. Research Centre, Bengaluru



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Nutrition & Cancer
what is the correlation?

Join our open to all webinar
to mark National Nutrition Month, 2022
16th Sept, 2022, 5:00 pm IST
Our eminent panel of guest speakers

Suvarna Shailesh Sawant (R.D.) (Guest Speaker) Chief Dietitian, HCG Cancer Centre, Mumbai	Barnali Nandi Purkayastha Dietitian and CIC, D. S. Research Centre, Guwahati
Manjari Bajpai Dietitian, D. S. Research Centre, Varanasi	Yasmeen Khanam (Webinar Host) Dietitian, D. S. Research Centre, Hyderabad



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**Join our open-to-all
webinar**

to know about symptoms and
screening. Stay aware, stay safe.

25th August, 2022 | 4 pm IST

Our eminent panel of guest speakers



Dr. Gaurav Das
MS, MCh
Associate Professor,
Department of Surgical
Oncology
Dr Bhuvaneshwar Barooah
Cancer Institute, Guwahati



Dr. Archana Kori
BAMS, PGDCC
Ayurvedacharya
D. S. Research Centre, Mumbai



Dr. Darshana Deka
(Webinar Host)
BAMS, MD (Kaya Chikitsa)
D. S. Research Centre,
Guwahati



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WHY CANCER AWARENESS IS IMPORTANT?

Random, hereditary, and lifestyle factors play a significant role in the onset of cancer. We are unable to influence random or hereditary factors, but we can influence things by the choices we make. Up to 40 % of cancers are preventable through leading a healthy lifestyle. Throughout the year D.S.Research Center runs a number of health awareness campaigns to encourage people to be proactive about their health, to recognise signs and symptoms of cancer and visit their physicians if they have any concerns. If cancer can be caught at an early stage then chances of survival are much higher.





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Normal Cells Vs. Cancer Cells

The army of cancer cells fights normal cells in the body. These cells require certain general information, though science has studied them threadbare.

1. Cancer-Cells are Immortal

If it gets nourishment and a productive environment, a living cell develops and branches off. This is the science of their growth. A cell grows to be divided into two, three and then four. But the division capacity of cells diminishes with each division. Every new cell is older than its predecessor. It has less capacity for division. A time also comes when the formation of their structure becomes very weak and the old cells are diffused and die during division itself. While the cells of the bodies of children are powerful, vigorous and virile, the cells of the bodies of the old are dry and weak. Body dies when the cell's capacity of division comes to an end. This equally applies to every living body, including cells of the human body. But cancer cells are an exception. During the division, their capacity does not diminish. If a cell gets a diet and a protective environment, it can remain young forever and branch off. Time never intervenes in

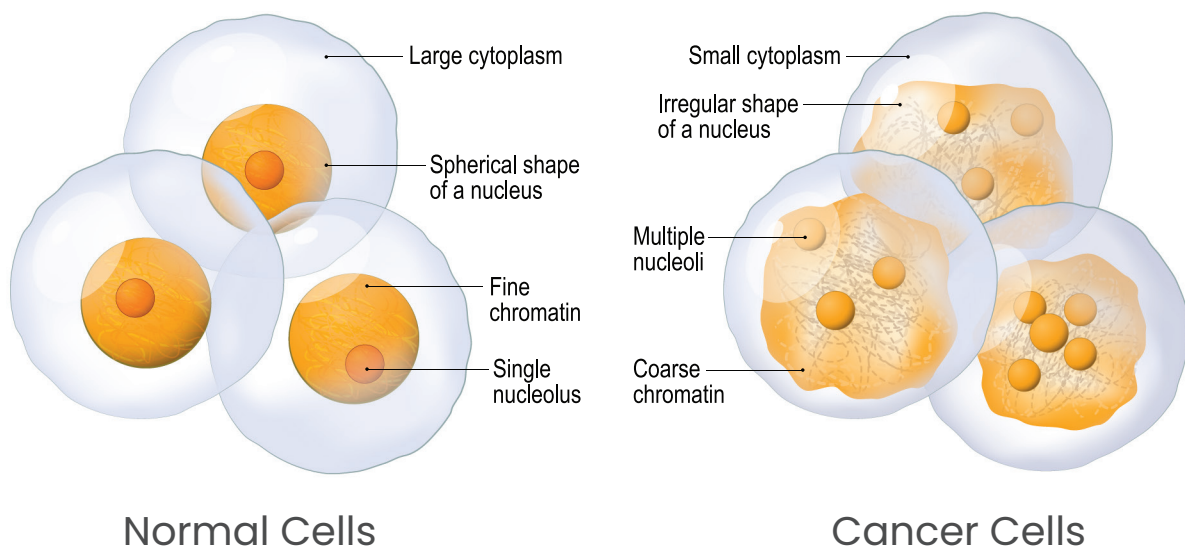
this scenario of animation. Nor is there any calculation of age. From the point of view of the division capacity, the 'grandparents' generation is as young as the grandsons' generation'. From that angle grandfather is not older than the grandson. Every effort is equally illuminating. Cancer cells are a conscious process and this process remains untouched by transformation.

The front for the fight against cancer is very difficult also because death prone human cells have to fight against ever young cancer cells. Besides, normal cells possess the natural tendency of unsteadiness and morbidity. Their entire power is wasted in containing the split. However, the science is bent upon engaging the unsteady and death-prone cells as against the young and immortal cells.

2. Cancer Cells Know no Self-Sacrifice

Every living organism has a wish for life. This rise is also found in the cells. In the course of physical development, the rising army of cells makes self-sacrifice. Take an

Normal Cells and Cancer Cells



example. While growing in a human body, if not controlled by sacrifice, the hands may grow up to hundreds of feet. But this control takes effect. And for this, the rising army of cells has to make a sacrifice. This rule equally applies to all living organisms. Cancer cells here are also an exception to the rule. They know self-sacrifice. They have no participatory role in the development of the body and its different organs. This is the army of free cells of “eat and grow”. Cancerous tumor is a mass of cells. This is not a body formed by cells. If it were a body, the rest of the body would have died after half of the tumor was chopped off and the treatment would have received some boost. Parts of the body and processes are mutually expanding. Cancerous cells are only cancer-cells. They are not part of the body, but they are the visible product of the invisible cancer, Certain scientists are engaged in developing a technique in their laboratories that could induce cancer-cells for self-sacrifice. If this happens, cancer science will undergo a revolution. But the chances appear dim because the cells that do not aim at formation of the body and its part may not be induced to self-sacrifice. What happens, only the future will tell?

3. Cancer-Cells Feast on Normal Cells

The fight between cancer-cells and normal cells is that of an eater and the eaten. This throws a challenge before science to ensure success of the diet and defeat of the eater in this dialectical battle.

It is an eternal law of nature that a living organism is born out of a diet (different from foodgrain). It is the diet that

nourishes the living organism. Diet is the greatest protective cover of the body both inside and outside. This was the vision attained by the ancient Indian sages. In the Gita, Lord Krishna has referred to the foodgrain or diet as the father of living organisms-‘Annada Bhawanti Bhootaani’. The Upanishads too refer to this ‘Annanan Hi bhootaanan Jyeshtham’, Cancer-cells are born following the unsteadiness of the normal cells of the body. Thus the unsteady normal cells are the source of their diet and they also serve as their protective cover. So long as the cancer cells remain with unsteady normal cells they will not face the shortage of nourishment, nor will their protective cover weaken. If it is injured, the protective cover will heal the wound. Thus the cancer-cells inhabit an ocean of nourishment and protective cover.

Let us witness the battle scene.

Cancer-cells are surrounded by innumerable unsteady normal cells. They grow healthier and increase their number by snatching away the unsteady cell material of the normal cells. The rising number of eaters gets busy grabbing the cell material of normal cells. On the other hand, the normal cells continue to stagger due to their unsteadiness. As a result, they are eaten by the rising number of eating cells and the components start disintegrating. The painful disintegration of the physique becomes faster. If the number of eating cells falls due to the treatment, the normal cells get relief resulting in some relief to the physique.

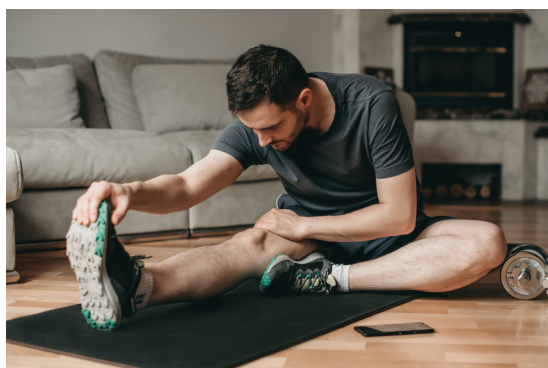
REALISTIC & HOLISTIC APPROACH TO FIGHT CANCER

Cancer is a highly variable disease. It appears in different parts of the body, each with different subtypes and evolves along different paths leading to hundreds of variations. Its ability to evolve over the course of treatment leads to treatment resistance. In order to battle cancer, we need to understand the disease in greater depth. The burden of cancer can be observed most directly at all individual levels. That burden can be physical, emotional, psychological, social and financial. All of these aspects are important to be considered to fight the battle against cancer.

It is more likely to have better treatment

outcomes if conventional treatment is complemented with Ancient Ayurveda treatment, and dietary and lifestyle changes. But again, the burden of multiple treatments on the body has to be kept in mind. One needs to approach cancer with a realistic sense. Food plays an important role in preventing some cancers, and the therapeutic value of specific foods in treating existing cancer is still being studied. A person with cancer needs excellent nutrition to better cope with the physical demands of the illness and the rigours of medical treatment which can result in improving the quality of life. It is important that a cancer warrior consume a plant-based diet, engage in regular physical activity and maintain a healthy body weight. A person with advanced cancers should go for routine screening for inadequate nutritional intake, weight loss and BMI. If found at the risk, must go for assessing the treatable nutrition impact symptoms.

To conclude, the only key to winning the battle against cancer is the full-scale defence which is the right balance of treatment approach, diet, lifestyle, hubris and hope.



About the Author



Ms. Yasmeen Khanam Clinical Dietitian. D. S. Research centre, Hyderabad, graduated with a Master of Science in nutrition and dietetics from Osmania University. She has also been shortlisted for a gold medal for her outstanding performance in her academics.

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**HOPE IS BEING
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LIGHT DESPITE
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