



A Newsletter of D.S.Foundation

# TIMES

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# CANCER!

**It's time to bid** goodbye

Leading a happy & healthy life after **combating cancer successfully** is now a reality for many...



**DS  
FOUNDATION**  
Energizing Minds, Enhancing Lives

# Enmity can not quiet enmity.

**This is the essence of  
'Sanatan Dharma'**



Lord Buddha once mentioned about 'Sanatan Dharma' (eternal religion) and set up an objective for life:

न हि वैरेण वैरः शम्यन्ति कदाचन।  
अवैरेण च शम्यन्तीह एषः धर्मः सनातनः ॥

(Enmity can not quiet enmity. This is the essence of 'Sanatan Dharma').

The message of Lord Budha had nothing to do with D. S. Research Centre, but the message certainly concerned life, and was a dependable witness of it. It was a matter of giving poison; using treatment system as a wide hearth and giving impetus to health. The decision to use poison was like an eternal war of meeting enmity with enmity.

With this kind of ancient inspirations and learning, we started our journey against cancer with D. S. Research Centre. The Nutrient Energy is a positive war; a war for health which indirectly turns the war against the disease, creation of disease, symptoms of disease and that way wages a direct war for life-system and indirect war against anti-life system.

The journey which followed was arduous and full of adventures. After years of experiment and observations, we discovered that the best and safest cures for human ailments can be found in kitchens of every household and not in disease creating drug-kingdom. Innumerable successful tests and trials have confirmed today that Ancient Ayurveda based Nutrient Energy treatment can help in fighting cancer and can save lives from the clutches of death.

It took us five decades to come to a stage from where we can erase the fear of cancer from the minds of mankind.

During these fifty years, D. S. Research Centre has achieved many feats. But in front of us lays a long road to traverse. Because, throughout the world, at any point of time, innumerable patients suffer from the curse of cancer. Our journey will end when there will be none. We welcome all to join this fight without any prejudices and the day will not be far away when Cancer will be history.

**Come let us save our world from Cancer.**



**Prof. Shiva Shankar Trivedi**  
Founder Scientist DSRC

## DOCTOR'S DESK

Healthy lifestyle to prevent Cancer	<b>Dr. Rajesh Kumar Sharma</b>	02
Nutrient Energy against Cancer Cells	<b>Dr. Shibangi Das</b>	03
Cancer in Assam	<b>Dr. A. C. Kataki</b>	05
Childhood Cancer	<b>Dr. Saurabh Trivedi</b>	06
Experience of Treating Cancer	<b>Dr. Lukumoni Dutta</b>	07



## KNOW NUTRITION

Life after Cancer	09
<b>Barnali N. Purkayasthya</b>	
Fighting Cancer with Nutrition	11
<b>Vidhi Maniar</b>	

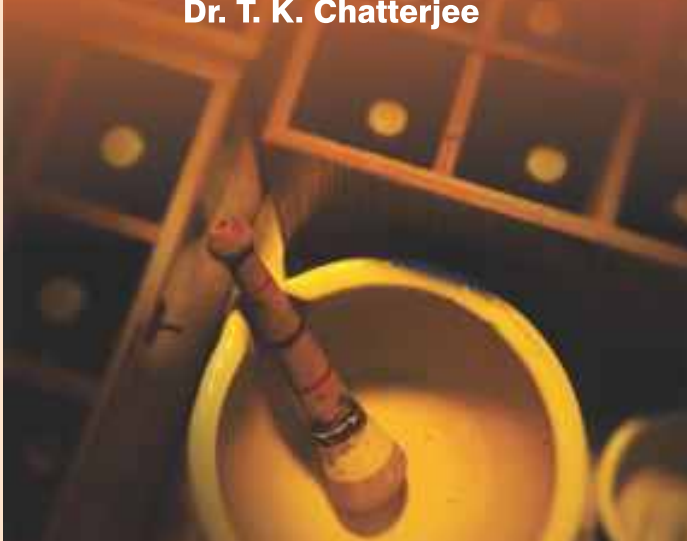
## COVER STORY

### D. S. Research Centre

12 The JOURNEY continues...

14 MEDICAL PANEL

15 Efficacy of Nutrient Energy  
**Dr. T. K. Chatterjee**



## VOICE OF REASON 16

Nutrient Energy's Inspiration  
**Mr. Ashok Kr. Trivedi**

## VOICE OF RENEWED LIFE 17

Cancer Fighter Speaks

## CLINIC REPORT 18-21

## SPECIAL REPORT 23

## TITBITS 24

Celebrating Birthdays



## A healthy lifestyle for competent immune system: The best prevention for Cancer

Cancer is a disease where cells defy the natural regulations of growth and death cycle required to maintain a healthy state of the body. It has been intriguing and the subject of intense research that how and why such changes occur in normal cells and how they give rise to this deadly disease. Many extrinsic factors such as smoking, excess use of alcohol and exposure to ultraviolet radiations, air pollutants and chemical carcinogens may increase the risk of cancer. Many viral infections have now also been implicated in cancer development. Last but not least, genetics is also an inherent risk factor for cancer. The paramount challenge in curing the cancer lies in its resemblance to self as it is derived from our own cells of the body. Therefore many standard therapies such as radiation,

chemotherapy lack specificity for cancer and also kill normal cells that are often seen in form of side effects. Our own defense system (immune system) protects us against infections or outside threats. It is recognized now that very early stage tumors (transformed cells) are formed at times in healthy individuals as well but are efficiently eliminated by healthy immune system. The higher incidences of cancer in immune-suppressed individuals, particularly transplant recipients provide clinical evidence for the role of immune system in controlling cancer. Therefore a weak immune system due to any conditions such as dietary, habitual or genetic may increase the risk for cancer. Current research is focusing on how to boost immune system to better control this disease. Recent developments of cervical cancer vaccine 'Gardasil' and therapeutic cancer vaccine 'Provenge' are examples of such efforts. However, healthy dietary components that have ability to boost immune system and/or have anti-oxidant properties to prevent cancer formation or even anti-inflammatory properties may greatly help in prevention or control of cancer. Ultimately low fat, plant based, vegetables/fruits and vitamin C rich diet, exercise, yoga and improved mental health, have all shown to improve the quality of life and life span in the cancer patients.



### Dr. Rajesh Kumar Sharma

Assistant Professor  
Department of Medicine (Medical Oncology)  
Associate Scientist,  
James Graham Brown Cancer Center  
University of Louisville, Louisville, KY-40202, USA



**How a cancer cell grows and proliferates:**

A cancerous tumour is made up of billions of cancer cells. The tumour gets bigger because the number of cells increases. Each individual cell goes through a growth cycle again and again, doubling every time.

As the tumour gets bigger, the centre of it gets further and further away from the blood vessels in the area where it is growing. So the centre of the tumour gets less and less of the oxygen and the other nutrients all cells need to survive.

Without oxygen and nutrients, the cells will die. So the tumour needs to grow its own blood supply to survive. This is called

healthy as your cells. So quality of cellular nutrition is absolutely essential. Healthy, well nourished cells supply an abundance of natural energy, resistance to stress and degenerative diseases and an overall experience of vitality.

**Optimal Cellular Nutrition**

This simply involves providing all nutrients to the cell at optimal levels, which allows it to decide what it actually does and does not need. In this way, you can make sure there aren't going to be any nutritional deficiencies - because nutrient levels will automatically be corrected within a few months of regaining optimal cell nutrition.

## Nutrient Energy Treatment against

# Cancer Cells

angiogenesis. The cancer cells may be able to stimulate normal cells to produce angiogenic factors to help produce new blood vessels. Thus the tumour grows in size and number but normal cells deteriorate.

**Theory regarding Nourishment of Cancer cell**

The "Warburg Effect" is a unique property of most cancers. The phenomenon is characterized by increased glucose uptake and reliance on glycolysis for energy production despite available oxygen source. We can say that cancer cells become metabolically hyperactive and they utilize glucose to provide energy, thus leading to malnourishment of normal cell in body.

**Cellular Nutrition**

Optimum cellular nutrition includes high quality nutrition to boost cellular nutrition to optimum levels. You're only as

This process of nourishment could be used to nourish normal cells by providing optimum nutrition to normal cells thus enhancing their numbers which may lead to ultimate starvation of cancerous cells.

**Dr. Shibangi Das**

B.A.M.S. - M.D.

Ayurvedacharya, DSRC - Kolkata

# The Awakening against **CANCER!**



## We are proud to play our part...

Overall cancer incidence is higher in the North-East States compared to the incidence rates available from the other parts of the country. It is time for awareness and initiatives. Being one of the leading publication houses in entire north-east region and publisher of the most circulated daily '**Dainik Jugasankha**', Sankha Publication house feels the necessity to awaken the mass regarding the evils of cancer. Relentlessly, it publishes news, articles and stories to provide the people of north-east with a leading-edge against cancer. It salutes the effort of **D. S. Research Centre** regarding treatment of cancer along with spreading awareness in the region.

Our Publications:

**eastern chronicle**

দৈনিক  
যুগশঙ্খ

Manipur Chronicle

The Mizoram Post

India has witnessed a paradigm shift in the pattern of disease from communicable to non-communicable diseases in recent times. This is largely due to increase in life expectancy, rapid urbanization and industrialization, change in life style, habits and increasing environmental pollution. Cancer is the second most common non-communicable disease and cause of death after cardiovascular diseases.

**Estimated cancer prevalence and incidence in Assam:**

In Assam, the urban population is around 14% only (Government Census). The incidence of cancer in Kamrup Urban District may be an available representation of urban incidence data on cancer and incidence rates from Dibrugarh and Cachar districts taken as rural experience. Using the crude incidence rates from the three cancer

control programmes. The major strategy for control is to reduce the population exposure to known high risk habits.

Site of cancer	Primary prevention	Early diagnosis	Curative therapy	Pain relief & palliative care
Lung	+	-	-	++
Stomach	+	-	-	++
Breast	+	++	++	++
Colon/rectum	+	-	-	++
Cervix	+	++	++	++
Mouth/pharynx	++	+	+	++
Esophagus	+	-	-	++
Liver	++	-	-	++

++ = Effective, + = Partly effective, - = Ineffective

# Cancer scenario in the State of Assam



registries, we may compile the total possible number of cancer among males and females in Assam. The Government of India reports also provide the projected population for 2026. This enables us to forecast the total number of cancer cases for the year 2026 recognizing the fact that the urban rural ratio would be 14:86. It may be cautioned that such an estimate would be an underestimate of the total cancer load primarily because the population increases overtime, age distribution changes and urbanization takes place apart from life style changes.

The WHO has identified cancers which are amenable for primary prevention, early detection, curative therapy, pain and palliative care.

WHO recommended priorities and strategies for prevention and control of 8 common cancers (Source: National Cancer Control Programme - Policies and managerial guidelines - WHO)

It may be noted that primary prevention coupled with early diagnosis programmes would effectively limit the burden of cancers in the community. In the current cancer scenario in India, this gives us a direction for activating

High incidence of cancer in Assam and other North Eastern States as per the report of National Cancer Registry Programme of ICMR calls for urgent attention of the policy makers for cancer control intervention from public health point of view.



**Dr. A. C. Kataki**

Director - Dr. B. Borooah Cancer Institute, Regional Institute for Treatment & Research, Guwahati

It was about 9 am, when our first patient approached on the very first day of Compulsory Rotational Internship in the department of Pediatrics. She was a young girl, 5 years of age, missing few upper incisors and smiling with it while jumping and playing around her mother. As per her OPD paper we had to send her blood for CBC and few serum analyses, so I asked the mother to wait outside and took the girl to procedure room.

It was the first time when I was about to draw blood from a kid so before piercing her vein I looked at her and she smiled. After that, I collected her blood, gave her the required forms and she left.

What really strange was, even the sight and thought of a needle, piercing the skin and vein can disturb an adult of any age but she didn't cry, shout or looked afraid at all. Though this thought encircled my mind for the entire day, by that evening, I had forgotten the entire incidence. While returning home I saw her again. She was lying in a room with some medication

signs of Childhood Cancer and act immediately in due time. Take your child to a doctor immediately and without fail if you notice:

- Unexplained, Continuous Weight loss irrespective of good and balanced diet.
- Frequent night sweats.
- Constant and Frequent infections
- Recurrent fever of Unknown Origin
- A lump/Multiple lumps, painless/painful, static/increasing anywhere in abdomen, neck, axilla, chest and pelvis.
- Sudden change in vision that persists.
- Persistent nausea accompanied with vomiting or unexplained vomiting without nausea.
- Unexplained headache mostly in morning sometimes associated with vomiting.
- Constant tiredness and noticeable paleness on the extremities/generalized.

# CANCER!

## Keep the children out of harm's way

Every year 150,000 children face the killer called cancer. Among them nearly 60% lose the fight against this disease. Your awareness can help prevent further tragedies.

through IV drip. My curiosity reawakened and I entered her room. The moment I saw her case file, I came to know the reason behind the girl being so strong. She was suffering from Leukaemia (Blood Cancer) and there must be countless times she had witnessed a needle piercing her vein.

There are many such cases in our country is facing and many who are going to land up in a nearby hospital at a delayed phase of the disease due to lack of awareness.

Childhood Cancers are not only affecting the health of a child but also is listed among the top 5 killers. Every year around 150000 children is affected by cancer, 60% of them lose their life as 80% of them do not receive complete treatment or they receive delayed treatment.

This can be prevented if we know and consider the alarming

- Whitish discoloration behind the Pupil.
- Sudden Development of unexplained bleeding and rash.

All the above listed symptoms can be nothing but minor symptoms only, or it can be the danger signs of the worst battle of life for that child.



**Dr. Saurabh Trivedi**  
MBBS  
Consultant, DSRC





## Treating

# Cancer

## is an Overwhelming Experience...

Receiving a serious medical diagnosis like cancer is devastating, as it requires immediate steps like starting a right treatment. It can add additional pressure to all aspects of life - work, family and everyday scheduling.

It is an extremely difficult task to communicate with a cancer patient. Though it is increasingly clear that some early stage cancer is curable with appropriate treatment, even advanced stage cases also get benefitted by our treatment, caring for a cancer patient is different from other type of chronic illness. Patient's emotional response to the diagnosis varies from patient to patient. Some may feel shocked, frightened; very few manage to accept the fact, only a small number act as not worried.

Psychological adjustment of the patient and his/her perception towards the physician in presenting the treatment plays a big role in positive impact of treatment. Managing every case with compassion, integrity and rational approach is not only a medical but also a social responsibility.

Doctors have to depend largely on early experiences and personal judgment while making decision about when, where and how to communicate a cancer diagnosis.

DSRC is responsible for safe, effective and appropriate use of its medicines that reach millions of people. I learnt from the valuable time spent at DSRC, how to deal and cope with complex situation while dealing with cancer patients. The joy and satisfaction I found and felt is overwhelming.



**Dr. Lukumoni Dutta**

B.A.M.S., M.D. Consultant  
DSRC, Guwahati

# Mucositis is the Major Risk for Malnutrition-

> 50% of Patient with Cancer on Chemo/Radiotherapy develop Mucositis<sup>1</sup>

## Overcome Malnutrition

COMPLETE, BALANCED NUTRITION  
**Ensure**®



Ensure is  
Lactose and  
Gluten free

Incorporate a  
Glass of 'Soothing'  
Ensure (6 Scoops in  
190 ml of Cold  
Water) as a part  
of your Treatment

Ensure, A complete and balanced Nutrition  
helps meet the nutritional requirement<sup>2</sup>

- » Scientifically Designed Complete and Balanced Nutrition
- » Best Quality Protein
- » Provides Soluble Fibre – FOS<sup>#</sup>
- » 28 Essential Vitamins and Minerals - Including Anti-oxidant Micronutrients

**148%**  
increase in  
energy intake  
with Ensure<sup>2</sup>

**116%**  
increase in  
protein intake  
with Ensure<sup>2</sup>



**Ensure** = Energy+ Best Quality Proteins + Immuno nutrients\*  
+ Vitamins & Minerals + FOS<sup>#</sup>



## A Complete and Balanced Nutrition for Better Quality of Life

<sup>1</sup> Elting LS, et al. The burdens of Cancer therapy. Clinical and economic outcomes of chemotherapy-induced mucositis. Cancer 2003 Oct; 98(7):1531-1539  
<sup>2</sup> Huynh D et al. Improved nutritional status from an oral nutritional supplementation with dietary counseling in post discharged malnourished patients in India.  
\* Study done with Ensure in Hospitalized patients of medical ward \* FOS - Fructo Oligosaccharide

# Life after Cancer

After your cancer treatment, as a cancer survivor you're eager to return to good health. But beyond your initial recovery, there are ways to improve your long-term health so that you can enjoy the years ahead as a cancer survivor.

The recommendations for cancer survivors are no different from the recommendations for anyone who wants to improve his or her health: exercise, eat a balanced diet, maintain a healthy weight, avoid tobacco and limit the amount of alcohol you drink. But for cancer survivors, these strategies have added benefits. These simple steps can improve your quality of life, smoothing your transition into survivorship. Here's what you can do to take care of yourself after cancer treatment.

## Exercise

Regular exercise increases your sense of wellbeing after cancer treatment and can speed-up your recovery. Cancer survivors who exercise may experience:

- Increased strength and endurance
- Fewer signs and symptoms of depression
- Less anxiety
- Reduced fatigue
- Improved mood
- Higher self-esteem

Adding physical activity to your daily routine doesn't take a lot of extra work. Focus on small steps to make your life more active. Take the stairs more often or park farther from your destination and walk the rest of the way. But consult with your doctor before you begin any exercise programme. With your doctor's approval, start slowly and maintain regularity.

## Eat a balanced diet

Vary your diet to include lots of fruits and vegetables, as well as whole grains. Eat five or more servings of fruits and vegetables everyday.

- Choose healthy fats, including omega-3 fatty acids, rather than saturated fats or trans fats.
- Select proteins that are low in saturated fat, such as fish, lean meats, eggs, nuts, seeds and legumes.
- Opt for healthy sources of carbohydrates, such as whole grains.
- Include legumes, and fruits and vegetables.
- This combination of foods will ensure that you're eating plenty of the vitamins and nutrients you need to help make your body strong.

It's not known if a certain diet or certain nutrients can keep cancer from recurring. Studies examining low-fat diets or diets that contain specific fruits and vegetables have had mixed results. In general, it's a good idea to eat a varied diet that includes fruits and vegetables.

## Maintain a healthy weight

You may have gained or lost weight during treatment. Try to get your weight to a healthy level.

For cancer survivors who need to lose weight, take steps to lose weight slowly - no more than 2 pounds (about 1 kilogram) a week. Control the number of calories you eat and balance this with exercise. If you need to lose a lot of weight, it can seem daunting. Take it slowly and stick to it.

## EAT HEALTHY. STAY HEALTHY.



**Barnali N. Purkayasthya**

M.Sc. Nutrition,  
Dietitian cum Clinic In Charge  
DSRC - Guwahati



# Fight Cancer

with **RIGHT NUTRITION**

**PENTA SURE<sup>®</sup>**  
**IMMUNO MAX**  
Immunoenhancing Nutrition



61g X 4 sachets

- High calorie 250 kcal/sachet
- 23% high quality protein (whey peptide based)
- Enriched with immunonutrients
- L-arginine
- RNA nucleotide
- Omega-3- fatty acid

Recommended two sachets per day



**HEXAGON NUTRITION**  
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Under Technical Collaboration with Hexagon Nutrition New Zealand Ltd.

[www.hexagonnutrition.com](http://www.hexagonnutrition.com)

# Fighting Cancer with Nutrition!

Cancer and its certain treatments are often associated with many problems that affect the ability to eat and cause side-effects such as nausea, acidity, vomiting, etc. It is observed that proactive and well planned nutrition guidance can help in reducing these problems.

Side-effects associated with Cancer and Suggested Dietary Management:

## Poor Appetite

- Include more protein and calories in the diet along with energy dense foods such as nuts, milkshakes, etc.
- Eat after small & regular intervals

## Nausea & Vomiting

- Sip beverages slowly through a straw
- Liquids to be taken 30-60 minutes before eating
- Dry biscuit or toast in between
- Many studies support the use of ginger in reducing nausea

## Taste Alteration

- Use chutneys from pudina, tomato, mint, onion, etc. to add more flavour to a recipe

## Sore Mouth & Throat

- Soft, mashed or liquid foods are recommended
- Non-acidic foods
- Avoid spices and additional flavours

## Dry Mouth & Swallowing Problem

- Soft, mashed or liquid foods are recommended
- Chewing sugar-free candy or chewing gum to stimulate saliva
- Moisten foods with gravies, soups to make foods easier to swallow
- Tube feeding suggested in severe conditions

## Indigestion/Acidity

- Avoid oily, fried & spicy foods
- Eat after every 2-3 hrs & chew slowly
- Avoid tea, coffee, alcohol & tobacco
- Do not lie down for at least 30 mins after a meal

## Constipation

- Drink plenty of liquids
- Eat high fibre foods like fresh fruits and vegetables, legumes, pulses and nuts
- Exercise for 30 minutes a day
- Check with your doctor for some laxatives or stool softeners

## Diarrhoea

- Drink plenty of liquids and also include 2 fruits and 3 servings of vegetables daily
- Eat more food containing sodium (salt) and potassium, such as bananas, peaches, apricots and potatoes
- Eat low fiber food such as yogurt, rice, white bread, cottage cheese, etc.
- Opt for buttermilk instead of milk

Kindly seek your nutritionist's advice for detailed information regarding diet. Along with this nutrition guidance, a positive mind will contribute further towards fighting off this disease!



## Vidhi Maniar

M.Sc. Clinical Nutrition & Dietetics  
Dietitian cum Assistant Clinic In charge  
DSRC (Mumbai)





# The JOURNEY against **CANCER** continues...

“Wellness is precious than wealth”, with this platitude, the journey began in the year 1965. During that year, young and healthy Daya Shankar Tiwari all of a sudden fell ill and within eight days he passed away without the ailment being diagnosed or being given any proper treatment. This incident stirred two visionaries, Dr. Uma Shankar Tiwari and Prof. Shiv Shankar Trivedi (elder brothers of Daya Shankar) and since then they worked relentlessly to find the cure for some of the gravest diseases from the ancient Ayurvedic texts, which the rest of the world thought was incurable. This is how the journey of D. S. Research Centre began.

Forerunner of this institution, Dr. Uma Shankar Tiwari and Prof. Shiv Shankar Trivedi has succeeded in revolutionising and changing the whole spectrum of traditional treatment. Their

effort is characterised by emergence of a new direction in medical science, evolution of a novel principal that is natural human edibles are the only source and reservoirs of preventives and curatives. Research proved that many severe ailment can be treated using this revolutionary way of treatment.

Throughout the world, at any point of time, innumerable patients suffer from the dreadful disease called cancer. For many, it is the end of the road called life. Hence, Dr. Tiwari and Prof. Trivedi decided to conquer this dreadful disease. It wasn't an easy job, but Nutrient Energy extracted from Human edibles proved to be effecting in treating cancer. The invention,



indeed, was a breakthrough in its own field. The rest of the journey is history.

D. S. Research Centre has endeavoured to bring back several deathbed cancer patients back to normal life. It has stretched the life span as well as the general health of numerous Stage IV cancer afflicted persons, who were gradually succumbing to dismay. It has bestowed many with hope, health and happiness and in the coming days will continue to do so...

**Currently, our centres throughout India are treating cancer successfully in Varanasi, Kolkata, Guwahati, Mumbai and Bengaluru. Soon, we will be able to help out the cancer patients in Delhi and Hyderabad.**

## Our founder's

# Vision

- To prevent and treat cancer by providing the path breaking Ancient Ayurveda based Nutrient Energy Treatment of international standard.
- Providing Hope, Health and Happiness to cancer patients all around the world.



## Our Management's

# Mission

- To be the largest specialty Cancer Care Centre chain in India and abroad by 2020.
- Offering comprehensive service from prevention to palliation at an affordable price, based on core values of quality, ethics, compassion and respect for all.



## D. S. Research Centre MEDICAL PANEL

Meet our friendly, skilled team of Ayurvedacharyas, Dietitians and oncologists. From qualified consultants with years of combined experience in Ancient Ayurveda based Cancer Research, the services of our medical team reflect great expertise in Cancer Treatment. Our team of professionals provide holistic, patient-centric care in an environment that values the family component and contributes to the health of the community we serve.

**Dr. Anirban Bhattacharyya**

(B.A.M.S., Ayurvedacharya & Pharma Director)

**Dr. Geethanjali Mada**

(B.A.M.S, Senior Ayurvedacharya)

**Dr. Moushumi Sinha**

(B.A.M.S., M.D. Ayurvedacharya)

**Dr. Lukumoni Dutta**

(B.A.M.S., M.D., Ayurvedacharya)

**Dr. Shibangi Das**

(B.A.M.S., M.D., Ayurvedacharya)

**Dr. Shobha C.M.**

(B.A.M.S., Ayurvedacharya)

**Dr. Sanjay Kumar Srivastava**

(B.A.M.S., Ayurvedacharya)

**Dr. Rashmi Singh**

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**Dr. Poorneshwar Sawant**

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(B.A.M.S, Ayurvedacharya)

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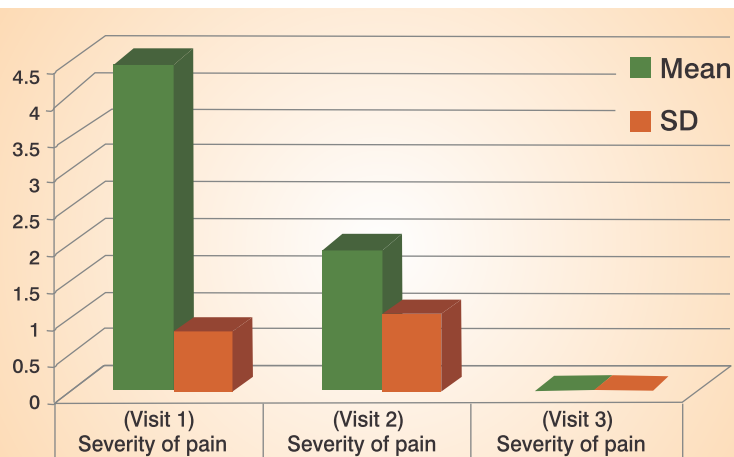




Recently, a greater emphasis has been given towards the researches on complementary and alternative therapies that deal with cancer and management. Several studies have been conducted on herbs for their anti-cancer property. Ancient Ayurveda, a traditional Indian system has proven to be successful since time immemorial in using natural products to prevent or suppress tumours using various lines of treatment.

## Efficacy of Nutrient Energy on Cancer Patients

The pod of Lahasun (*Allium sativum*) has been found to possess anti-cancer activity. It is known that preclinical use of this agent has demonstrated chemo-preventive activity. The aged garlic extract has been reported to inhibit the development of chemically induced tumours in the bladder,



The adjacent graph shows the mean VAS score has been reduced from 4.47 from Visit 1 (Day 0) to 1.93 in Visit 2 (Day 30) and 0.0 in Visit 3 (Day 60)

This reduction in VAS score is statistically significant for reduction from Visit 1 to Visit 2 ( $<0.0001$ ) and from Visit 1 to Visit 3 ( $<0.0001$ )

### SARVAPISTI (THE ANCIENT AYURVEDA BASED NUTRIENT ENERGY THERAPY)

This provides a composition for correction of deviation of metabolism. Here the said composition is an edible product for conveying nutrient energy being procured from optimally effective proportions of suitable extracts from innumerable natural sources.

mammary gland, lung, colon, oesophagus, skin, stomach in rodents. Leaves of Pan (*Piper betel*) have been found to possess chemo-preventive potential against liver fibrosis.

In brief, various plants/natural products have been reported through scientific research to possess anti-cancer activity. Of late, for quite sometime, extensive research is on in this field to obtain a synergistic composition comprising an optimum proportion of such ingredients derived from natural products

which provide nutrient energy to correct the deviation in metabolism in people suffering from cancer. This is particularly having regard to the established fact that up to 70% of the incidents of

cancers are related to diet.

Accordingly, there was a long felt need to obtain a synergistic composition comprising optimum proportions of such ingredients derived from natural products which provide nutrient energy to effectively correct the deviation in metabolism in humans suffering from cancer.

After application of the treatment (The Ancient Ayurveda Based Nutrient Energy Therapy) for 60 days the reduction in VAS score for pain is statistically significant for reduction from Visit 1 to Visit 2 and from Visit 1 to Visit 3. The reduction in intensity of fatigue is also statistically significant for reduction Visit 1 to Visit 2 and from Visit 1 to Visit 3.

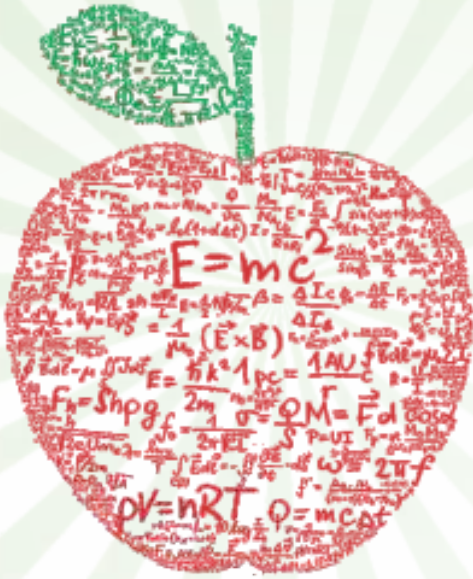


Sarvapisti (the Ancient Ayurveda based Nutrient Energy Therapy) has been found to be safe and effective medicine in the treatment of any type of solid cancer. It is also revealed from the case records provided and documents generated during this study that Sarvapisti arrested progress of the metastasis in some cases.



### Dr. T. K. Chatterjee

M.Pharm, PhD, FIC, ARSC (London)  
MACS (USA)  
Director Clinical Research Centre  
Jadavpur University  
Kolkata



# Inspirational Man Behind Nutrient Energy Science

There were no scientific documents or books when science first joined human life. In reality, science is the scientific temper. Books and syllabi are prepared by scholars. Every scholar of science cannot become a scientist. Scientific environment works and science inches a step further if scientific attitude is adopted.

The practical thinking of Trivedi's brothers developed in farmers' fields, animals and birds, gardens and orchards and in the movement of rivers and rivulets. Scenes relating to their problems and their solution were conveying something:-

- Farmers used to safely store seeds of maize, millet, etc., so that weevils and insects did not destroy them. The ears of the corn were preserved in their natural cover. The cover was the same as preserved by nature. It was only the cover of the ears that protected the grain against pests and kept it healthy.
- At the time of sowing, farmers used to keep the seeds hidden under the straw for preservation. They used to fight for health. They were not against insects.
- The oil taken out from wheat, barley, etc; was used to be applied to the wounds of pet animals. It was also applied to them in case they got rot. They did not use poison to kill insects.

The father of Tiwari brothers, had explained its purpose, *"The patch of leather works on leather, cloth works on cloth and the patch of metal works on metal. The tin patch would not work on the cloth. Similarly, cloth patch would not work on a shoe. The body would be properly treated by the corn of which it has been made."*

- The father had explained that healthy seeds are not eaten by weevils. Weevils do not come from outside; they are automatically born from unripened seeds. Actually, weak

seeds themselves turn into insects. The process of the treatment of seeds sometimes becomes sick leading to the birth of living organisms. Therefore, it has been noticed that the insects in the wild fig trees everywhere are alike.

- Wild animals take their natural diet. They never compromise with non-eatables. That is why their body does not fall prey to diseases. Viruses present in the environment may be the cause of diseases but they do not attack the body that takes its natural diet.
- The father had also explained that where there is no process of seedling, there is no seeding. Bananas have no seeds. Therefore, there is no seedling process and the fruits of banana tree do not get rot. There is the process of seedling in the fruits that have seeds. That is why they get rot. If this process is healthy, it will make seeds. If this is unhealthy, it will generate insects.

Though the father had not studied science, yet his approach was scientific. He had a nature to harmonies his experiences with his senses. Since it was his nature, he had set a goal for himself to arrive at a conclusion. He had a legacy of such conclusions but he never used to give lectures in this regard. At the tender age itself, the minds of Umashanker Tiwari and Shiva Shanker Trivedi started search for the new ground of life on the basis of these conclusions. The father had no concern for scientific terminology, nor did he ever think that the seeds of these conclusions would one day give encouragement to the scientific research and he would become source of inspiration to a new horizon of science.



**Mr. Ashok Kr. Trivedi**  
Managing Director  
D.S. Research Centre

# Cancer Fighter Speaks

## A Heart to Heart Interview with **Mr. Prashant Lakda**

Prashant was diagnosed of Astrocytoma grade III on 25/2/1998, Ancient Ayurveda based Nutrient Energy Treatment played a vital role in reviving his good health just one year of commencing the treatment. Mr. Prashant Lakda revels every aspect of his cancer fight to DS Times.

### **Tell your story from the beginning...**

In 1998 January when suddenly I feel bit blindness and some fits which started occurring again and again. I went to hospital in Okhla, Delhi where Doctors send me for few test and I had been diagnosed with Astocytome grade three cancer. There I went through surgery in same hospital and then followed by chemotherapy in other hospital, in spite of all doctor said that its just a maintenance therapy it can reoccur again .

My mother got a reference about DSRC though a magazine and in July 1998 I started my medicine from DSRC. After taking only fifteen days medicine I started getting relief my all routine work, diet, eye sight and everything becoming normal and then after I never ever had any complications till now. My last MRI had been done in 2001 which was almost normal and then after I didn't go for any treatment till now.

### **What is your present conditions now!**

I am perfectly all right now with god grace and have no problem at all. I started working in 2004 in USA based outsourcing company and now recently I started my own work and opened my own company named "placement clinic" in Delhi. I got married in 2011 and my wife is a doctor working in Delhi Government hospital so you can say I am a happy man now.

### **Share your experience about your Journey with DS Research Centre?**

I can never forget the role of DSRC in my life when I was fighting with this brutal disease, my mother was only there with me with all her support whatever she could do for her son, at that time DSRC played a role like family, all basic advice and support they gave to us and we never imagined that a small organisation can have such a wonder thing which can save thousand and thousand lives including me. For me it was totally strange but yes I'm here because of DSRC.

### **Are you interested in participating in any of the Awareness programme ?**

Creating awareness is very important; Treatment is next. We need to increase awareness of cancer symptoms, encourage people to seek help. I have already participated in 3-4 of the activities organised by DS Research Centre. I look forward to participate in many more such activities.

### **What is your message to Patients fighting with Cancer?**

As a cancer fighter, I spend lot of time searching for motivational phrases and images to keep me going and to keep me uplifted, I am very much impressed with the quote of Lance Armstrong professional road racing cyclist and Testicular cancer survivor .

***"We have two options, medically and emotionally: give up or fight like hell."***





At DSRC we believe in teamwork to bring out the best from everyone. Following this motto, our 8th CIC Meet was organized recently at Kolkata - The city of Joy. The three day event took place at our new corporate office premises 'Ecospace - Kolkata's first multi-user business park' and saw glorious presence of our managing director Mr. Ashok K. Trivedi (MD - DSRC), Mr. Pankaj Nayan Trivedi, Mr. Shashi Shekhar Trivedi, Mr. S. P. Chatterjee, Senior Advisor and all the clinic-in-charges.



# CIC MEET

## for a Clearer Vision of Future

The conference started with a highly motivational speech by Mr. Ashok K. Trivedi. With limitless delight, it was announced at the meet that soon we are coming with another two new clinics to aid the cancer patients in Delhi and Hyderabad within 2014. In wake of completing its 50 years of glorious existence, it was decided that a new set of creative communication will be developed to take our cancer awareness initiatives to greater heights, throughout the country. Regular training sessions will be organized for Ayurvedacharyas and dieticians to help them understand the changing trends in cancer treatment. Every mind at the meet agreed that from now on CCC will get more priority and support to reach and help more cancer patients in distress.

***“Effective meetings are not only integral to achieve team goals and successful completion of tasks, but they also reflect overall of team functioning and effectiveness.”***





VARANASI



KOLKATA



BENGALURU



MUMBAI



GUWAHATI

# Cancer!

## Destination Awareness.

### Many Ways.

**A**wareness is a never ending journey. So, we do our best to make people aware of the evils of cancer and what causes them. Our relentless strive to lessen the darkness regarding cancer resulted in many initiatives.

In recent times, throughout the country, our various units organised one after another seminars, mass events, drawing competitions, shop for a cause, road shows etc. to attain widespread awareness. In these events people participated wholeheartedly. In Varanasi 1500 people participated in a Lung Cancer Awareness Drive organised by us.

But the journey doesn't end here. In the coming months, we will take further our dedication and determination to educate the people, and hence eradicating the disease.

# Efforts & Achievements



**Manish Srivastava**  
Head, Clinical Operations  
Additional responsibility  
Clinic In-Charge  
DSRC (Kolkata)



**Prerana Nikam**  
Clinic In-Charge  
DSRC (Mumbai)



**Sunil Singh**  
Clinic In-Charge  
DSRC (Varanasi)



**Sreerupa Chakraborty**  
Clinic In-Charge  
DSRC (Bengaluru)



**Barnali N. Purkayasthya**  
Clinic In-Charge cum Dietitian  
DSRC (Guwahati)

## KOLKATA



Inauguration of Anti-Tobacco Day Awareness by one of our patients



A seminar on Cancer Awareness at an NGO



Health Workers attending Cancer Awareness Programme

## VARANASI



People signing a petition to quit tobacco



Lung Cancer Awareness initiative in a city mall

## BENGALURU



Magic Show for the Cancer affected children of Kidwai Hospital on the occasion of World Books Day



Mime act by students on the occasion of No Tobacco Day

MUMBAI



To observe 'World No Tobacco Day', D.S. Research Centre, Mumbai Clinic, conducted a fundraiser 'Shop for a cause' at COPA, Juhu. 32 various vendors participated in this event and together they raised funds for Council for Cancer Care (CCC). This amount will be used to help Cancer Patients in distress.



GUWAHATI

A slogan competition on 'World No Tobacco Day' amongst students of class IX and X of Faculty Senior School was organized in Guwahati. The response we received was spellbinding. Overall 250 students participated and their creativity proved to be just perfect for spreading awareness against tobacco. A seminar on Teenage Nutrition was also conducted as a part of 'World No Tobacco Day' activity.



Accelerate the recovery & improve the quality of life in

# Cancer Patients



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## DSRC's **Bengaluru** Clinic Celebrating **4th** Anniversary



Mr. Muni Venkat Reddy (President - Shirdi Sai Mandir Samaja - Cambridge Layout) felicitating winner of Poster Competition.

On 19th August, 2014, D. S. Research Centre's Bengaluru Clinic completed its four years journey of fighting cancer. To celebrate this glorious occasion a gala event was organised. On that day, D. S. Research Centre also released a poster on Child Cancer Awareness.



Child Cancer Awareness Poster Release in presence of eminent dignitaries: Mr. Siddalinga Swamy (PRO - Kidwai Institute of Oncology), Dr. Vidyamani Lingegowda (President - Association of Gynae Oncology, Karnataka Branch) and Mr. Muni Venkat Reddy (President - Shirdi Sai Mandir Samaja - Cambridge Layout).

# Commitment against **Cancer** Just got **Stronger...**

## DSRC's **Mumbai** Clinic Celebrating **3rd** Anniversary



Mr. Sharman Lal Shukla (Cancer Patient's Relative) sharing his experience regarding cancer's effect on family.

On 5th July, 2014, D.S. Research Centre's Mumbai clinic completed its three years of putting up a fight against cancer. The clinic celebrated this occasion by holding a fun programme. The programme started at 9:30 am and went on till 2 pm.



Patients and their relatives come together to cut the cake as inaugural ceremony.

# Celebrating Birthdays in DSRC Family


**KOLKATA**

 Mr. Prakash Podder  
DOB - 5 May

 Mr. Uday Shankar Sharma  
DOB - 12 May

**VARANASI**

 Mr. B. R. Pandey  
DOB - 01 May

 Mr. S. N. Pandey  
DOB - 01 May

 Mr. P. K. Jha  
DOB - 15 May

 Mr. Avadhesh Kumar  
DOB - 10 Jun

 Dr. J. P. Dwivedi  
DOB - 21 Jun

 Mr. S. C. Chaturvedi  
DOB - 09 Jul

 Mr. Kallol Biswas  
DOB - 14 May

 Mr. Sajal Seth  
DOB - 29 May

**MUMBAI**

 Ms. Diksha Shetty  
DOB - 11 Jun

 Mr. Prajakt Gurav  
DOB - 26 Jun

 Dr. Rashmi Singh  
DOB - 1 Jul

 Dr. Mugdha Bhat  
DOB - 12 Jul

 Ms. Sneha Ambulkar  
DOB - 13 Jul

 Ms. Rumoni Ghosh  
DOB - 31 May

 Ms. Mithu Debnath  
DOB - 30 Jun

 Mr. S.P. Chatterjee  
DOB - 12 Jul

**BENGALURU**

 Ms. Anuradha Arisetty  
DOB - 3 May

 Ms. Sreerupa Chakraborty  
DOB - 13 May

 Ms. Nirmala. R  
DOB - 19 June

**GUWAHATI**

 Mr. Ajoy Deka  
DOB - 8 May

 Mr. Nikhil Tiwari  
DOB - 20 May

 Dr. Anirban Bhattacharya  
DOB - 12 Jul

 Mr. G. L. Tailor  
DOB - 17 Jul

 Mr. Santanu Saha  
DOB - 28 Jul

## Recipe for Delicious Mixed Fruit Juice:

TOMATO,  
ORANGE,  
CARROT &  
PAPAYA DRINK  
(**Vitamin A & C**)



**Preparation Time:** 10 mins (Makes 4 small Glasses)

**Ingredients:**

- 3 cups chopped tomatoes
- 1 cup peeled and chopped carrot
- 1 cup orange segments, cut into halves
- 1/4 cup papaya cubes or muskmelon (kharbooja) cubes
- 1/2 tsp lemon juice salt to taste
- a few ice-cubes for serving

**Method:**

1. Combine all the ingredients along with ¾ cup of water and blend in a mixer till smooth. Strain using a strainer.
2. Pour equal quantity of the juice into 4 individual glasses.
3. Serve immediately topped with a few ice-cubes in each glass.

**Nutrient values Per Glass:**

Energy	Protein	Carbohydrate	Fat	Vitamin A	Vitamin C
31 calories	0.8 gm	6.4 gm	0.2 gm	712.7 mcg	27.4 mg



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