

I had Breast **Cancer**
which spread to my bones...
Now I am leading a healthy and happy life.

Gurusharan Kaur Sodhi,
CA. Breast Cancer - Metastasis Bone.

Ancient
Ayurveda
is Answer
to Cancer



From the Editor's Desk

We are overwhelmed, we are grateful. The inaugural number of D. S. Research Centre's own mouthpiece - D.S. Times that is - has not only been accepted but has also been heartily welcomed and appreciated by the intelligentsia, cancer researchers as well as oncologists. Needless to say, this has enhanced our responsibility to make it all the more readable.

From the very beginning we were deeply conscious that D.S. Times does not shape into just a publicity stunt but carry facts, figures and is well documented. Besides specialists, our effort is also to make it acceptable and readable for even the man on the street, the patients and their relatives. We firmly believe that the present number does not lag behind the first number in all these respects.

We beg to be forgiven for the delay in bringing out the present number, the reason primarily being the shifting of our office to the new building and the accompanying workload for making arrangements for more systematic and meaningful services to patients. To that end we have also been able to arrange to get services of two noted oncologists of the state, who

are providing advices to patients according to their needs and medical test reports.

This interaction and interdependence between ancient Ayurved and modern allopathy has added a new dimension to giving timely and necessary services to our patients.

For cancer patients proper dieting is also very important. And to meet this requirement we have made arrangement for a well-trained Dietician to be present at the centre. Besides, we are also contemplating to build up Integrated Oncology along with the well-known voluntary organization 'Oncolink' (President, Dr. Subir Ganguly) for all-round help to patients.

'It is a very recent concept in cancer management and is now incorporated in clinical practice. It has been noted that cancer patients are the highest users of different complimentary and alternative systems of medicine (CAM) in conjunction with or instead of mainstream medical treatment. Included in this designation are therapies such as Homoeopathy, Acupuncture, dietary supplement, yoga and last but not the least Ayurveda.

With best wishes,
Shiva Shankar Trivedi



Ashok Kumar Trivedi
MD. DS Research Centre

It all started with the sudden demise of their healthy younger brother Daya Shankar that had a tremendous impact on Dr. Uma Shankar Tiwari, a practising Homoeopath and Prof. Shiva Shankar Trivedi, an educationist, teacher and a journalist. This sudden loss of a near one led them thinking to do something positive in the field of affordable curative treatment to benefit ordinary people. Since Ayurveda was practised in the household and Varanasi is a traditional centre of research in



Retrospection

Ayurveda, the brothers believed in looking up in traditional, indigenous and ancient ayurveda knowledge for curative treatment. They believed in leaving an imprint of their contribution to the humanity.

Believing in 4,000 years old ancient ayurvedic science of cure as well as indigenous and traditional knowledge of medicine, the visionaries resolved to provide cost effective treatment that ensured healthy living. And they succeeded in their mission.

Now D.S. Research Centre, a dream child of Prof. Trivedi, is a well-known and much-discussed organization in India in the field of cancer research based on our ancient Ayurveda. Thousands of cancer patients who were earlier treated in Kolkata, Delhi or Chennai have now forgotten their traumatic past and entered into the world of plus life.

The D.S. family members imbibed the philosophy and tradition propounded by the elders. Equality was practised and team spirit developed, rights and wrongs were taught to be distinguished and the young family members developed as honourable and responsible men.

This institution was born with the mission to be the best in all it does, committed to meeting global standards yet rooted to traditional values and ethics, through concern, care and competence. The untiring professional dedication and enhancement of knowledge have been the hallmark of Prof. Trivedi's

leadership. Prof. Trivedi is the chief mentor of the Group for the last four decades.

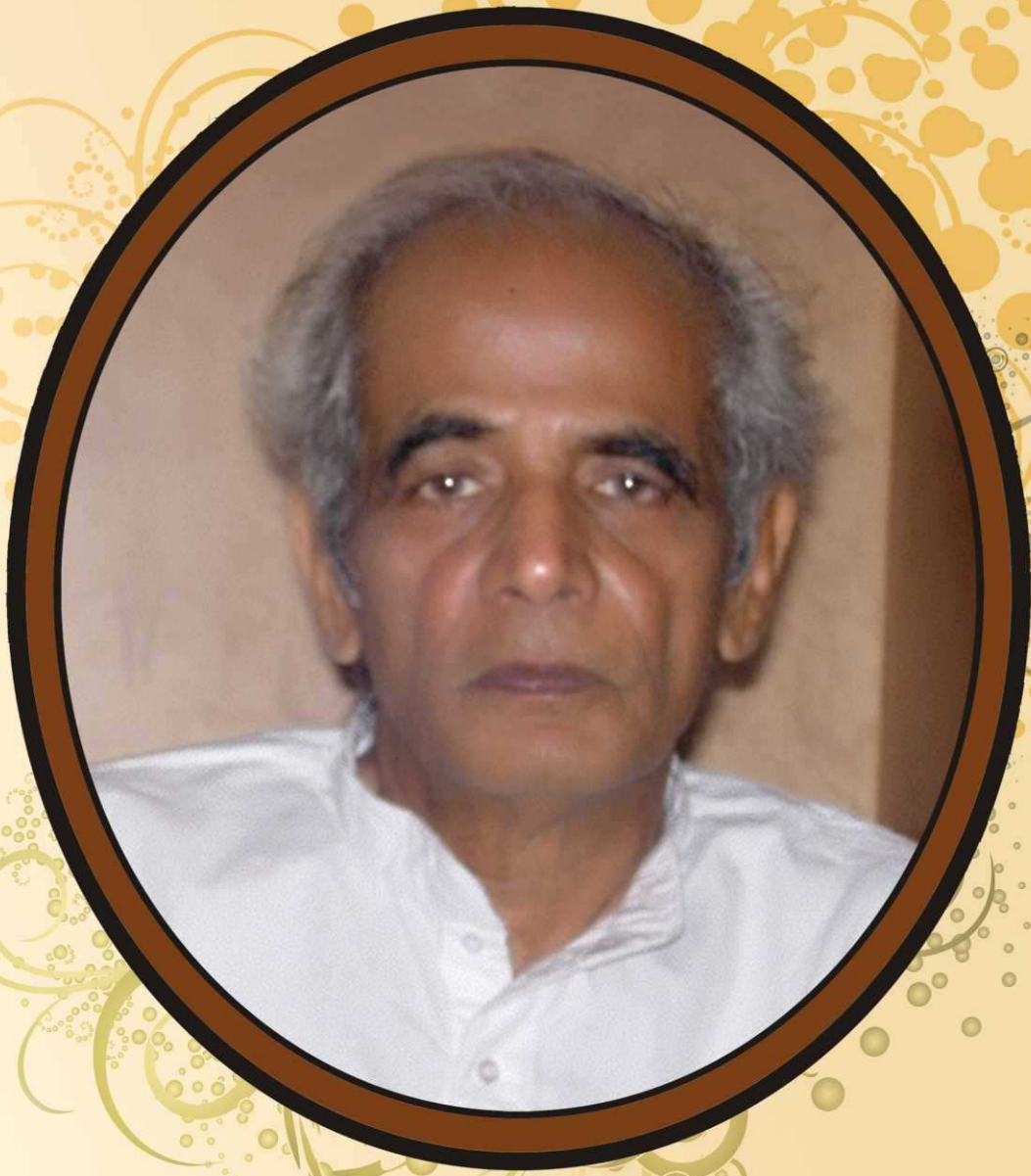
**Believing in
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of medicine**

The second-generation members are translating his dreams into reality. Thus, all subsequent activities have a common philosophy - that is building a better environment, a friendly community through better health and education.

D.S. Group has always believed in serving the community because all-round development leads to national integration and harmony. With this view, the Group has ventured into

healthcare, education and agriculture related activities.





“Chachaji”

1st August, 1942 – 17th February, 2010

We at DS Research Centre,
deeply mourn the demise of our
respected Shri Bharat Tiwari



Dr. Subir Ganguly
M.B.B.S, (cal) DMRT (cal),
MD (cal), Clinical
Oncologist & Radio Therapist

In the present day world cancer is certainly one of the most dangerous killer diseases, but certainly not as incurable as it is thought to be. With early detection

3. Lymphoma originates from lymphoid tissues such as lymphs, lymphatic growth etc.

4. The origin of leukaemia is white blood corpuscles.

The risk factors :

The cause of cancer is still unknown. But there are certain factors which have been found to be cancer prone.

Smoking : One-third of cancer deaths are caused by smoking-related reasons. Smokers are more prone to cancer of throat, larynx, lung, liver, uterus etc.

well as habits are definite cause of cancer.

Air pollution : Smoke emitted from factories and car exhausts causes lung cancer.

Water pollution : Water containing arsenic not only cause skin diseases but all increases risk of skin cancer.

Rays and radiation : Ultra-violet rays of the sun, radio-activity radiated from nuclear explosions and too much use of X-rays are conducive to cancer.

With early detection and proper treatment a cancer patient can be brought back to the normal mainstream of life.

Know Cancer, Fight Cancer

and proper treatment a cancer patient can be brought back to the normal mainstream of life.

What is cancer?

The word cancer originated from the Latin 'Cancrum' which means crab. Human body consists of innumerable living cells, cancer also consists of cells. After birth a child grows up as per the laws of cells nature. But they never grow up in a disorderly fashion but maintain a definite and controlled order to meet the demand of the body. The cancer cells, however grow up at random - sometimes deep into the spot of the origin and sometimes spreads to other parts of the body. Cancer can attack any part of the body as well as any type of cells.

General categorization of cancer :

Categorization of cancer is done on the basis of the type of cells that create the disease. For example :

1. Carcinoma originates from Epithelial tissue like breast, lung etc.
2. Sarcoma originates from bone, mussels etc.

Quid (raw tobacco) : Its connection with cancer of liver, mouth and larynx has been well proved.

Liquor : To much of drinking can cause cancer in larynx, liver and ever rectum.

Food habit : It plays an important role to keep cancer at bay. Fat should be avoided and preference be given to food containing fibre. Beef, too much of milk or milk products and the chemicals used in food preservation increase the risk of cancer. On the other hand vegetable, fresh fruits, fibre-rich grains contain, anti -cancer ingredients.

Profession : People engaged in different professions are found to suffer from different types of cancer. Benzine, arsenic, chromium, asbestos, cadmium etc. may cause cancer. X-ray clinic technicians, therefore, run more risks than others.

Untidy habits : Untidy environment as

Heredity : Cancer's connection with genealogy is a proven fact. People with same heredity suffer from same type of cancer. That is why leukaemia is more prevalent among Mongolians than any other types of cancer.



Modern trends in **Cancer** treatment

[Has cancer an answer? yes, asserts Dr. Gazi G. Ahmed in this concluding part of his article]



Dr. Gazi G Ahmed

FRCS (London),
Former Director :
Dr. B Barooah Cancer Institute
Guwahati, Assam

After successful rounds of radiotherapy and chemotherapy cancer can recur but in this occasion it is due to the inherent resistance in the cancer cells. The sensitivity of cancer cells to radiotherapy and chemotherapy can be predicted to some extent from a detailed biopsy report which is mandatory for the diagnosis of cancer and for prediction regarding sensitivity. It is, therefore, obvious that surgery remains the ideal treatment for cancer provided the

disease is detected early and limited to the site of origin. Unfortunately it happens very rarely for lack of awareness amongst the people about cancer. This apart, cancer inside the body shows symptoms rather late and by the time it is detected it spreads to distant organs.

In some cases cancer grows abutting vital organs where surgery is not possible even in a very early stage. Here radiotherapy might salvage the patient provided the cancer cells are

sensitive to ionizing radiation like x-ray and gamma ray. Sometimes if the surgeon has doubt regarding complete uprooting of the cancer mass he may send for radiotherapy to kill the cancer cells remaining in the tumour bed. Too much delay in resorting to radiotherapy might defeat the purpose. When the disease is everywhere like leukemia, lymphoma and sometime metastases from a sensitive primary cancer, chemotherapy remains the only modality for treatment.

Has cancer an answer?



Breast cancer up, **Cervical** cancer down

Surveys state that Cervical Cancer in Indian women has started showing a steady line of decrease. This is definitely a hopeful phenomenon. On the other hand, however, the incidence of breast cancer has been increasing by leaps and bounds all over India. The Indian Council of Medical Research (ICMR), after medical research in Delhi, Mumbai, Chennai and Bangalore for 24 years from 1982 to 2005, have come to know that the rate of cervical cancer has certainly decreased by about 40 per cent but breast cancer rate has gone up double-fold.

These trends, contained in ICMR's yet-to-be-released report Time Trends in Cancer Incidence Rates (1982-2005), were universal in all four cities.

Reasons for fall in number of cervical cancer:

- Personal health consciousness
- Cleanliness
- Late marriage
- And less number of child birth.

Reasons for rise in number of breast cancer:

- Western life-style
- Late marriage
- Late pregnancy
- Excessive intake of salt and fat containing food
- Apathy to have child
- Depriving child of breast feed
- Excessive use of contraceptives



Case History:

Mrs. Gursharan Kaur Sodhi

- Breast Cancer Metastasis

It has been an era now that Mrs. Sodhi is in good health, living a wholesome family life, but, there was a day when time had come to a stand still for the Sodhi family when Mrs. Sodhi was diagnosed of Breast Cancer in the year 1990.

She was treated in the best possible ways in renowned hospitals. After all required treatments and operations Mrs. Sodhi was

discharged to live her life. But, it did not end the nightmare. After a few years she again started feel acute pain, this time a severe back pain. Immediately tests were conducted and she was diagnosed of Breast cancer metastases to the bones. Cancer had spread to her bones.

Once again treatment started but nothing turned fruitful. In 1994, one day through a source her husband read about D.S. Research Centre. She was rushed to D.S. and the treatment started without any loss of time. Dedicatedly Mrs. Sodhi pursued her treatment and after a year she again went through a series of tests. The reports were surprisingly normal! Since then it has been long 15 years that Mrs. Sodhi is living a hearty life.

Mrs. Sodhi, in one of her interviews with us, said, "Cancer had started creeping into my body, I could neither sit nor sleep, I felt like I was dying every minute, all I tried is to hide my tears from my little kids. Even today the word CANCER shakes a tremor into veins. I shall always remain indebted to D.S. Research Center."

"D.S. Research Centre is like a temple to me."

Gurusharan Kaur Sodhi

"I had Breast Cancer which spread to my bones 15 years back. Now I am leading a healthy and happy life. Thank You D.S. Research Centre for gifting me the second lease of my life."

- Gurusharan Kaur Sodhi



Conscious Surgery

Prof. Shiva Shankar Trivedi



(In this kind of surgery both the surgeon and his assistant are invisible even the required scientific appliances can not be seen).

The central conscious life-strength itself gather host energy and strengths the original life-system and makes it free of disease. The almost incurable disease like cancer creates its base in the life-system and remains invisible. Modern medical science does symptomatic treatment and so by surgery can remove cancerous cells or tumour but cannot cure the invisible disease.

The science of host energy is an epoch-making science. Presently it can also present revolutionary instances. If the life-system, replete with host energy, can destroy very basis of cancer, cancer cells or tumours automatically begin to fade away.

Today as proof, there are several thousand cancer-conquerors in our country who can corroborate that not only host energy intake has shattered the very basis of cancer in their body but has also even made the cancerous tumours totally extinct. The basis of life-consciousness and its working process is our material eyes and material mind.

The science of modern treatment is, to a large extent, dependent on surgery. So, let us use the word surgery to present the whole scenario in this way :

When tumours appeared in the body of the cancer conquerors, they only took host energy. No surgeon did touch main body, nor any needle and thread, bandage or drugs were used. Yet the tumours were found to have vanished. So, let us take the liberty of terming it as 'conscious surgery' and move ahead.

To convince readers we present a few instances here.

Let us cite two cases of liver cancer where so-called surgery was not taken resort to. 'Conscious Surgery' has made history in both these cases.

1. Shrimati Annapurna Maheshwari (Present age 80 years)

Address : M/s. Bal Mukund Bhagaban Das, Motiya, Bharthana, Dist - Etawa U.P.

In 1993, some 17 years ago, cancer was detected in her liver and gall bladder. From March that year she started taking host (nutrient) energy. Just in a few months she dove away cancer from her body. She came back to her full normal life and even set out on pilgrimages to sacred places. This also was a contribution of 'Conscious Surgery' to her body.

Arogyam

Sponsoring & participating in Arogyam had been quite an experience to remember for years to come for D.S. Research Centre.

Ananda Bazar Patrika innovated and organized the largest health fair of the Northeast India, The Arogyam, on the 13th & 14th of February'10 in the Netaji Indoor Stadium of Kolkata.

The presence of the legendary footballer, Chuni Goswami and the elegant actor Rituparna Sengupta as the Guest of Honour & the Celebrity Appearance, added a boost to the event.

Eminent doctors from all walks of medicine came in to share their knowledge through an elaborate seminar which was

organized in the fair premises both the days. Intense question answer sessions were carried on between the doctors and the common man, educating and raising awareness to all.

D.S. Research Centre had been one of the lead participants of the seminars. It expressed its views on treatment of Cancer through Ancient Ayurveda.

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2. Shri Ram Shankar Verma (Present age 70 years)

Address : Bharthana, Dt. Etawas, U.P.

In 1995, 55 years old Vermaji had an attack of cancer in his gall bladder and liver. After having knocked at all possible doors where he was given only one reply : he was to live a couple of months at best. Shri Verma came to D.S. Research Centre and began taking host energy from October that year. He did not have come to the centre even. In about just a year the cancer in his body vanished. Yet she continued to take host energy for a few more months because it is not a drug medicine and does nothing but help reconstruction of the body and health. Now at the age of 70 he is living health, normal and busy life.

3. Shrimati Archana Sengupta (Present age 60 years)

Address : Shimurali, Nadia

In January, 1990, a large number of Non-Hodgkins tumours were found in Shrimati Sengupta's intestine. Operation or surgery was not possible so she was sent back home from hospital in an ambulance. Her husband was told that she would not last more than six weeks.

Fortunately, at that time they came to know of D.S. Research Centre and started taking nutrient energy medicine. In about a year her condition became almost normal and all her pains and problems were mitigated. She rejoined her profession of teaching. To day, after 19 years she is living a

happy life with her family.

Here again one can perceive the magic role of 'conscious surgery' in removing all the tumours.

4. Shrimati Kamalkali Mukherjee (Present age 55 years)

Address : Subhas Pally, Azad Hind Sarani, Siliguri

In 1998 cancer was detected in Shrimati Mukherjee's pancreas. In March that year she was operated upon.

Though the surgeon succeed in removing a large portion of the tumour, a portion remained. Pus was oozing out continuously so sticking was not possible. She immediately started taking host energy and presently she living a normal, healthy life.

Brain (tumour) cancer
Shrimati Rita Singh

About 18 years age malignant tumour was detected in her brain. A renowned organisation of Varanasi made all investigation and started to

treat her. But far from any mitigation cancer only aggravated. In the beginning there was only one tumour, but soon five more appeared. Her condition deteriorated fast and her body functioning became inactive.

Incidentally, her family members came to know of our treatment. It was the time when she could neither open her eyes nor take any food.

Her sister collected host (nutrient) energy from us and with much difficulty spoon-fed her after diluting it in water. Surprisingly, Rita started taking water with spoon from the very next day. On the third day she also drank milk. After about a week she started to take light food and could stand on her our feet, after two

weeks she started to loiter in her room and take food in regular intervals. The experienced doctor who examined her told her family members that it was possible only when cancer loses its grip over the patient. After seven months Rita got back her normal life and began doing her family duties.

Obviously, she did not need any farther treatment, C.T. Scan showed that there was no trace of any tumour in her brain.

Rita's story convinces us that this was all the result of life-strength that host energy had offered.

Can't we, modern people, can call this process of treatment 'Conscious Surgery'?

If the life-system,
replete with host
energy, can
destroy very basis
of cancer

& the Celebrity Appearance, added a boost to the event.

Eminent doctors from all walks of medicine came in to share their knowledge through an elaborate seminar which was organized in the fair premises both the days. Intense question answer sessions were carried on between the doctors and the common man, educating and raising awareness to all.

One remarkable aspect of this fair was to meet end number of people whose family and friends are suffering from Cancer. We found an intense eagerness in them to know about Ayurvedic treatment for Cancer. More and more people today want to take treatments which are derived from Nature.

D.S. Research Centre had been one of the lead participants of the seminars. It expressed its views on treatment of Cancer through Ancient Ayurveda.



Cancer Fighting Foods



Dr Sankar Kumar Nath
MBBS (Consultant Oncologist)

World Health Organisation states that approximately one-third of all the cancer deaths may be related with the diets. Some common foods may promote cancer whereas some foods are there in this beautiful nature that can fight against cancers and also prevent cancer. In fact, these food-stuffs contain cancer-fighting properties or agents. Of course there is no such single element in a particular food which can perform all the works. That is why we should take a variety of foods in general.

Broccoli, Cabbage and Cauliflower contain an anti-cancer agent known as indole-3-carbinol which can prevent breast cancer.

Tomato contains lycopene that can protect us from cancers of prostate, breast, pancreas and colon.

Carrots have beta carotene that can combat cancers of lung, oral cavity, stomach, colon, urinary bladder and prostate.

Garlic contains allicin, an anti-cancer agent which can prevent gastrointestinal cancers. It acts against helicobacter pylori, a known promoter of stomach cancer.

There are some mushrooms which contain a protein known as lectin that can attack cancer-cells and prevent them from multiplying.

Grapes have resveratrol that protects from cancers of breast, liver and colon.

Some forms of nuts, sea fish, rice, wheat contain an anti-cancer mineral like selenium that certainly prevents cancer of breast, colon and prostate.

Turmeric contains curcumin which can stop cancer in its earliest stages long before it is detectable.

Oranges contain Vitamin-C that can prevent normal cell to be transformed into cancerous one.

Soyabean contains phytoestrogen which can prevent breast cancer by maintaining the estrogen level normal in the body.

So we should take varieties of fruits and vegetables so that we can fight against cancers.

One-third of all the cancer deaths may be related with the diets.



Dr. P.K. Debnath
BMS

Ayurveda science provide us plethora of knowledge on the aspects of life in general and on the disharmony leads to disease including prevention and treatment. To be abreast with knowledge on Ayurvedya one has to master minded in respect to sarira vijnan (psycho-somatic body), bhesaja vijnan (drugs and pharmaceuticals) and chikitsa vijnan (diagnostic and therapeutic) management. The increasing trends on the lifestyle disorder poses threat to the community among them blood pressure, obesity,

Plants Energy and cancer

diabetes, cardio-vascular disorders and cancer are important to affect Indian community

Body influences at the multidimensional level to be in health are humoral (tridosha-tridhatu three types), tissue (seven dhatus), system channels (thirteen types srotas), metabolic (agni), excretory, psyche and conscious. If any imbalance takes place, body in its own language speaks about somatic status through symptoms symbolically. If we can decode the message we can come to a grater understanding about the person experiencing imbalances. When the ongoing process of energy is freezes the body starts emitting alarming signals on the stress produced. Most common is malaise, weakness, feeling the heaviness etc. If we can catch them in

young the inevitable disturbed immune process through legends, proteins the possible correction helps through sadvritta rules. First line of treatment is to balance the disharmony by the correction of metabolism through pitta-agni axis and rasa- vaha channels. Naturally, we have to depend on the adaptogens those are charged with anta-oxidant activity to increase the chetana sakti. Most widely used plants are Allium sativum, Withania somnifera, Ocimum sanctum, Tinospora cordifolia, Embelica officinalis, Centella asiatica etc. As and when the imbalance affecting srotas develop siragranthi in the susceptible organ those in due course by changing the contour initiate cellular changes and may lead to cancer. In the treatment of cancer energy shift from plants are very important.

From Campus to Career

A Unique B. Pharm (Ayur) course introduced by Jadavpur University at Kalyani

For the first time in the Eastern Region of the country a four-year degree course in Pharmacy (Ayurveda) was conceptualized in the year 2006 by Bengal Institute of Pharmaceutical Sciences (BIPS) as a positive job-oriented course. This 8-semester degree course is affiliated to Jadavpur University.

The state has 150 odd manufacturers of Ayurvedic and Unani medicines. To have a proper share of the global market these manufacturers should follow Good Manufacturing Practices (GMP) to produce quality medicines. If the Bachelors of Pharmacy in Ayurveda are inducted in the manufacturing factories and other fields of herbal medicines, quality production will be certainly assured.

With such a view in mind the Government of West Bengal and BIPS Trust have come forward to project their ideas globally and has established this joint venture institute at Kalyani, Nadia.

For detail enquires :

Bengal Institute of Pharmaceutical Sciences (BIPS)

033-25891742 / 64503121 / 25891768, Website : www.bipstrust.org/bips

The students have ample scope of landing jobs immediately after completion of this course.

There is a state-of-the-art drug testing and research laboratory as also an ayurvedic drug manufacturing unit with all modern, sophisticated equipment and machinery in the college campus, where the students of BIPS can enrich their technical and practical knowledge.

Above all, as there is a derth of technically qualified persons in this field, the students of this institution have ample scope of landing jobs immediately after completion of this course.



Tripura Institute of Paramedical Sciences

The Tripura Institute of Paramedical Sciences (TIPS) is the first Public Private Partnership (PPP) model paramedical institute of Tripura established in 2009. This state-of-art institution is a **Joint Venture between the Govt. of Tripura and affiliated to Tripura University (Central University)**.

Subsequently, the institute has been running successfully the following seven degree and two diploma courses during the current academic session (2009-10). These are –

1. B. Sc. in Medical Radio Diagnosis and Imaging Technology
2. B. Sc. in Medical Radiotherapy Technology
3. B. Sc. in Optometry and Vision Science
4. B. Sc. in Physiotherapy and Rehabilitation
5. B. Sc. in Hospital Management
6. B. Sc. in Medical Laboratory Technology
7. B. Sc. in Medical Laboratory Technology (Operation Theatre)
8. Diploma in Medical Laboratory Technology



For detail enquires:

Tripura Institute of Paramedical Sciences (TIPS)

Hapania, Agartala, Tripura (W), (Near Women's Polytechnic College)

Phone: (0381) 2304303 / 9436928173; Website: www.bipstrust.org/tips/index.html

Achievements

Like a temple to me
"D.S. Research Centre is like a temple to me. It has given me a new lease of life"

Gurusharan Kaur Sodhi
(Breast)
DSRC
Since November, 1994

I depended only on your medicine
"I depended only on your medicine and had not taken any other medicine "

Mohammad Nazir Ali
(Prostate)
DSRC
Since April, 1995

I conquered cancer
"Whenever I get time, always try to serve the cancer sufferers, because I conquered it"

Kamalkali Mukherjee
(Stomach / Pancreas)
DSRC
Since 2002

We have forgotten those nightmarish days
"Thank you D.S. Research Centre for giving me a new lease of life"

Neeta Bhatt
DSRC
Since 2000



D.S.
Research
Centre

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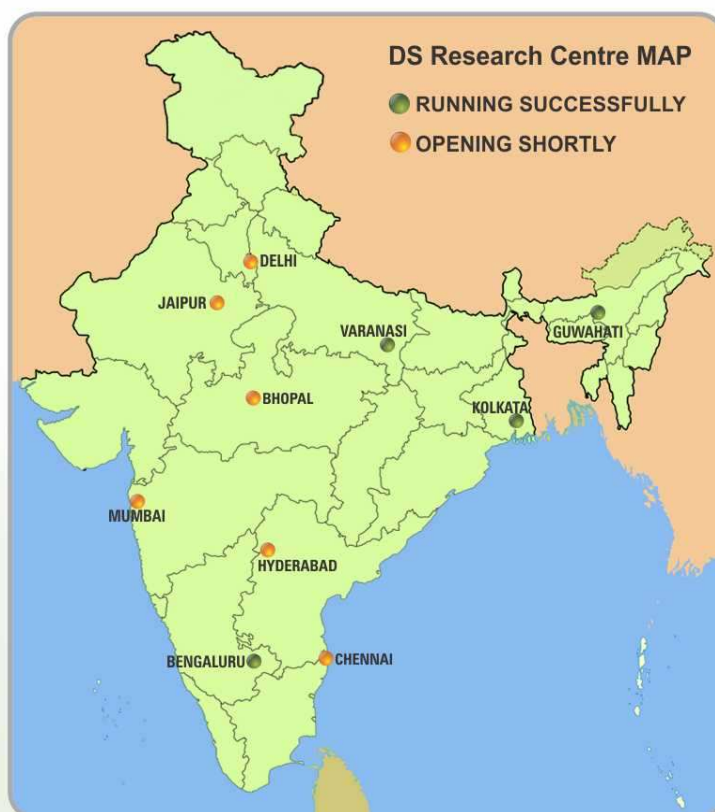
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Many more centres coming up at other strategic locations all over the country