

Public Servants, Mental Gaps, and Pink Elephants: Helping the Patient to See

Dr. Bhaswati Bhattacharya

MPH, MD (Family Medicine), PhD (Pharmacology, Ayurveda)

Director, DINacharya Institute

Fulbright Specialist 2018-2023 in Public Health

Clin Asst Professor, Weill Cornell Medical College

bhaswati@post.harvard.edu

www.dinacharya.org

www.drbhaswati.com

- 1 Patients* have one agenda: to feel better & improve their health
- 2 The public depends on experts and media to understand their health
-
- 3 Public Servants serve themselves and not the *dharma*/social contract of public servants
- 4 Mental gaps are abundant - low understanding, low self-connection, low awareness of other disciplines
- 5 Pink Elephant = today's healthcare system - the price-gouging providers of health care that have no ethical, legal or financial obligations to provide medicine that Does No Harm

Patients

- 1 MDs and medical /physician experts of the mainstream
- 2 those in "healthcare" system but not clinicians
- 3 TCIM practitioners w low knowledge of healing systems
- 4 laypersons without power solo
- 5 laypersons with solo power due to money, power, privilege

The Hidden Healers/Practitioners of Subtle Energy

1. Understanding oil and skin

> Radiol Med. 2019 Jul;124(7):620-627. doi: 10.1007/s11547-019-01010-2. Epub 2019 Mar 2.

The **emissary veins** connect the extracranial venous system with the intracranial venous sinuses. They connect the veins outside the cranium to the venous sinuses inside the cranium. They drain from the scalp, through the **skull**, into the larger **meningeal veins** and **dural venous sinuses**.

Emissary veins have an important role in selective cooling of the head. They also serve as routes where infections are carried into the cranial cavity from the extracranial veins to the intracranial veins.

There are several types of emissary veins including posterior condyloid, mastoid, occipital and parietal emissary vein.

retrospectively. Posterior cranial fossa emissary veins diameter measurements were performed in the axial plane. The anatomic variations of the venous sinuses in MRVs of all patients were recorded. Accordingly, the presence of the emissary veins was compared with the dural venous sinus anatomic variations. $p < 0.05$ was considered statistically significant. An inter-observer reliability analysis was performed.

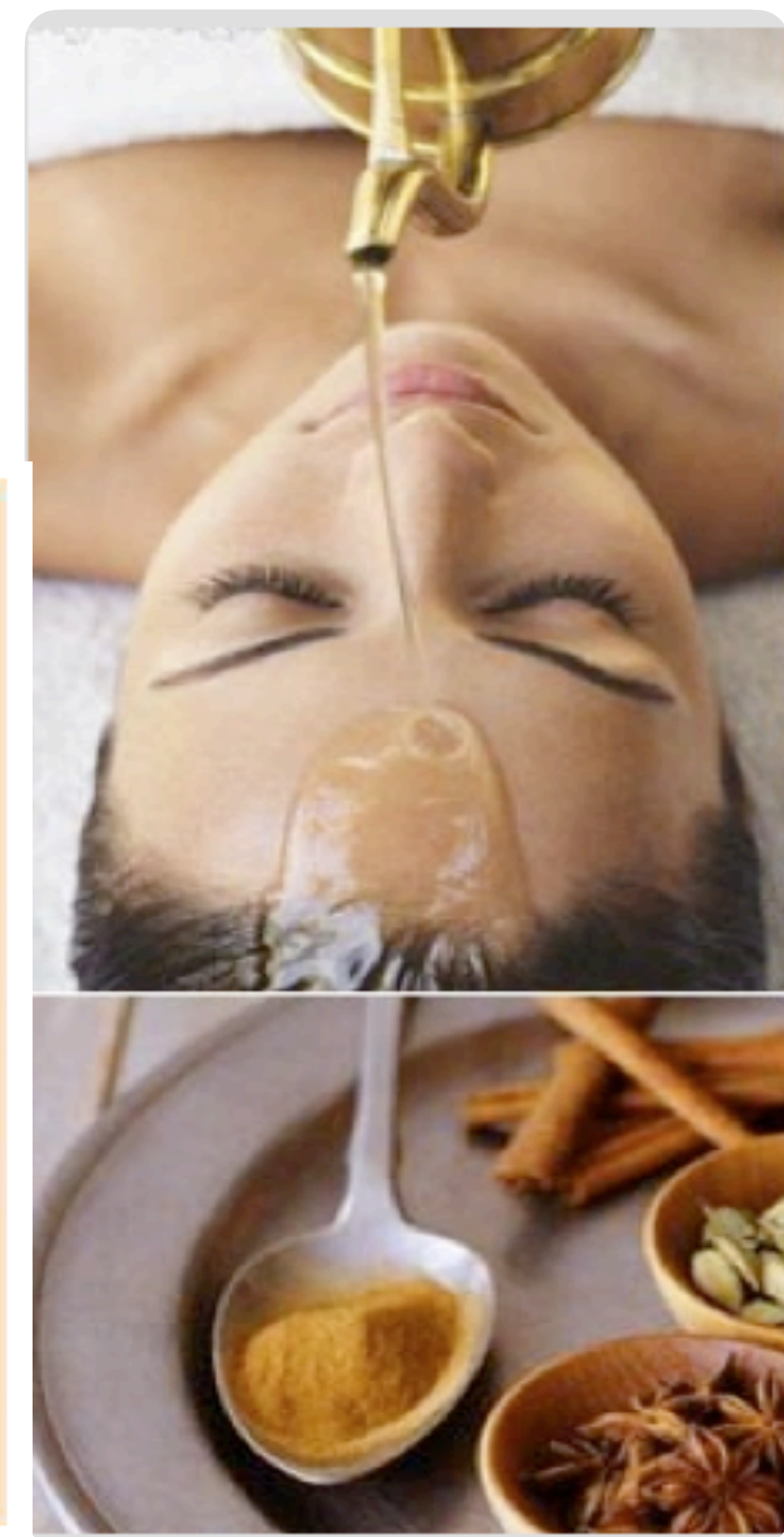
Results: The prevalence of emissary veins in MRI was found in the right mastoid emissary vein (MEV) 82.7% and left MEV 81.4%. Occipital emissary vein (OEV) was present in 63 patients (28.6%) for the first radiologist (R1), and it was present in 61 patients (27.7%) for the second radiologist (R2) ($K = 0.978$). A statistically significant correlation was detected between the diameter of the left

the power of hair oil
head massage
combing the hair
shirobasti



Figure 17

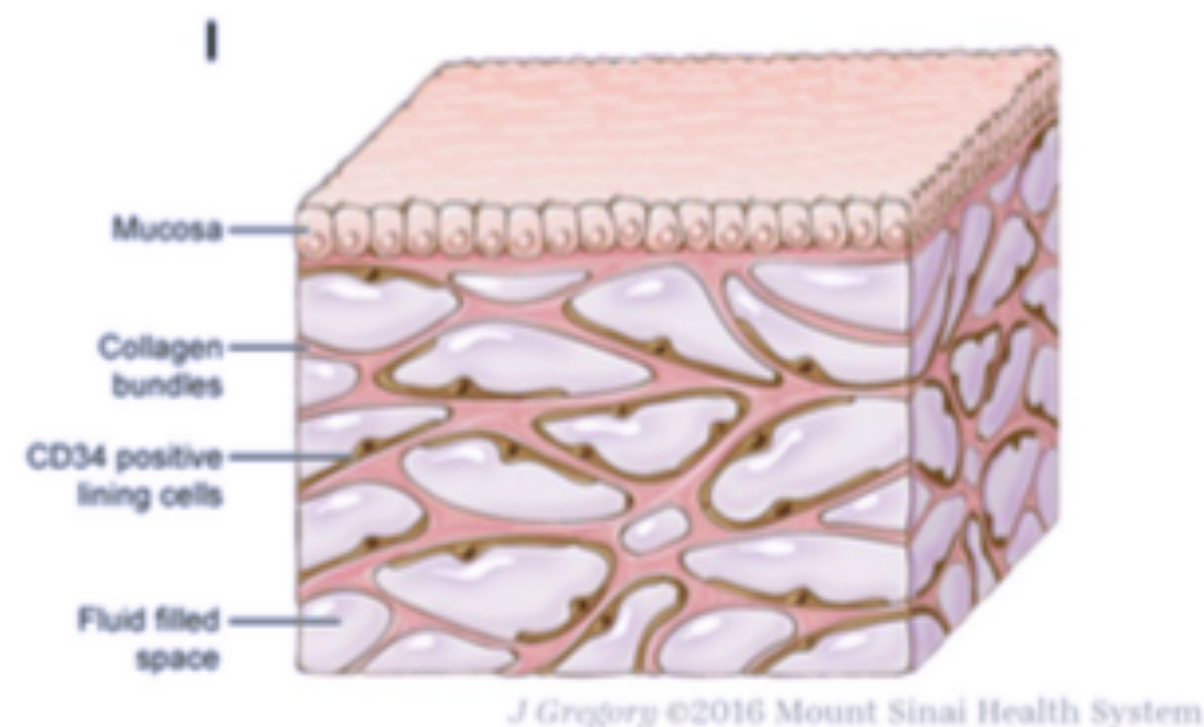
Venous drainage of the brain and skull.



2. Understanding that skin digests

the power of oil body massage

ANALYTICAL ADVANCES: THE INTERSTITIUM SCIENTIFIC REPORTS



Received: 18 May 2017
Accepted: 6 March 2018
Published online: 27 March 2018

OPEN

Structure and Distribution of an Unrecognized Interstitium in Human Tissues

Petros C. Benias^{1,2}, Rebecca G. Wells^{3,4}, Bridget Sackey-Aboagye³, Heather Klavan¹, Jason Reidy⁵, Darren Buonocore⁵, Markus Miranda¹, Susan Kornacki⁶, Michael Wayne⁷, David L. Carr-Locke^{1,8} & Neil D. Theise^{1,5,6}

Confocal laser endomicroscopy (pCLE) provides real-time histologic imaging of human tissues at a depth of 60–70 μm during endoscopy. pCLE of the extrahepatic bile duct after fluorescein injection demonstrated a **reticular pattern within fluorescein-filled sinuses** that had no known anatomical correlate. Freezing biopsy tissue before fixation preserved the anatomy of this structure, demonstrating that it is **part of the submucosa** and a previously unappreciated fluid-filled interstitial space, **draining to lymph nodes** and supported by a complex network of thick collagen bundles. These bundles are intermittently lined on one side by fibroblast-like cells that stain with endothelial

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Discussion

We propose here a revision of the anatomical concepts of the submucosa, dermis, fascia, and vascular adventitia suggesting that, rather than being densely-packed barrier-like walls of collagen, they are fluid-filled interstitial spaces. The presence of fluid has important implications for tissue function and pathology. Our data comparing rapidly-biopsied and frozen tissue with tissue fixed in a standard fashion suggest that the spaces we describe,

SCIENTIFIC REPORTS | (2018) 8:4947 | DOI:10.1038/s41598-018-23062-6

3. Understanding the Immune System

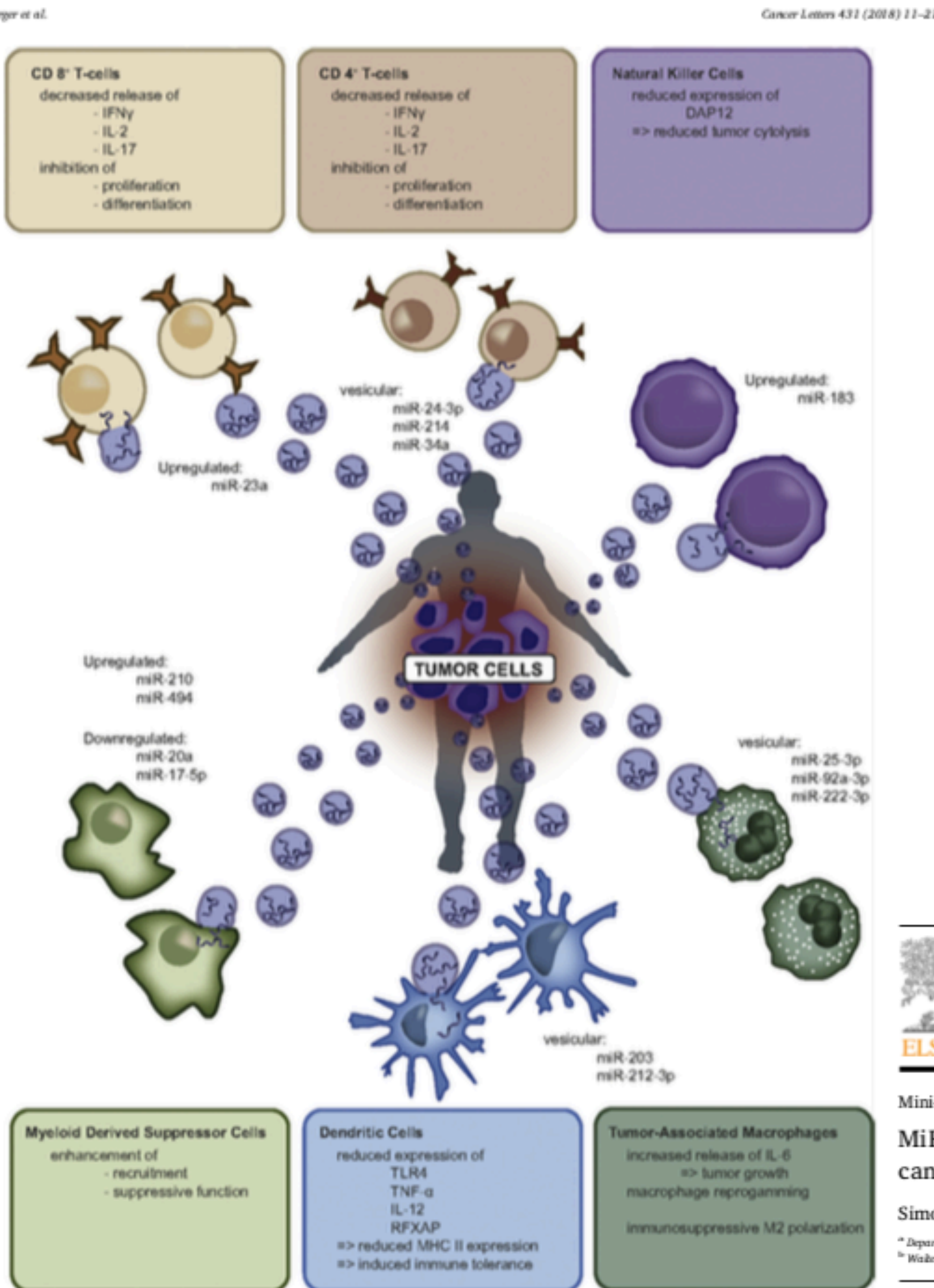
THE DECLINE OF OJAS IN THE UNDERSTANDING OF DISEASE

बिभेति दुर्बलोऽभीक्ष्णं ध्यायति व्यथितेन्द्रियः
दुश्छायो दुर्मना रूक्षः क्षामश्चैवौजसः क्षये ७३

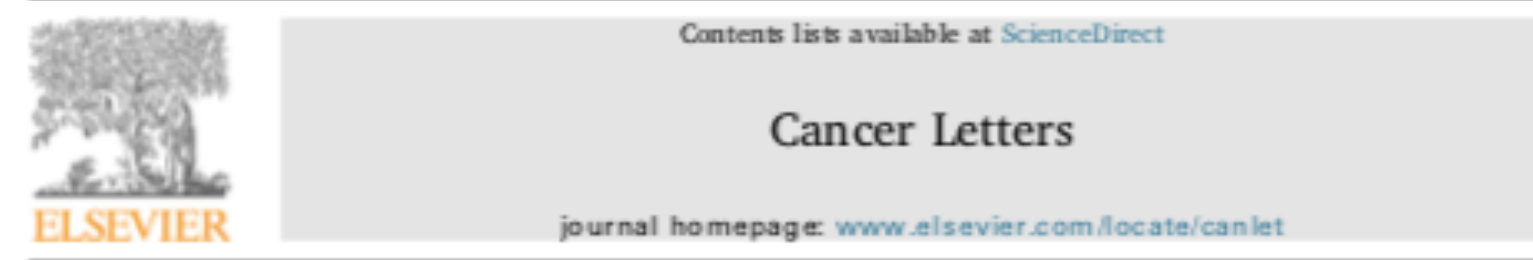
bibhēti-durbalō'bhīkṣṇam-dhyāyati-vyathitēndriyaḥ |
duśchāyō-durmanā-rūkṣaḥ-kṣāmaścaivaujasaḥ-kṣayē ||73||

Translation: The decline of ojas (resilience and vitality) begins with living in fear, constant weakness and lack of fortification with food and happiness, worry, affliction of pain via the sense organs, loss of complexion, hopelessness and lack of cheer, roughness and emaciation.

Caraka Samhitā, Sūtra-sthāna, chapter 17, slokas 73–74



(caption on next page)



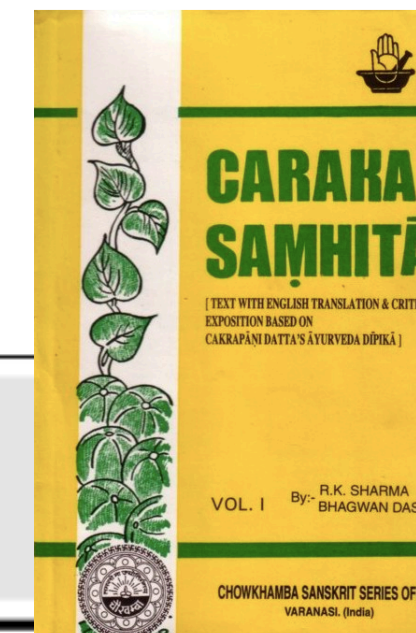
Mini-review

MiRNAs: dynamic regulators of immune cell functions in inflammation and cancer

Simon Hirschberger^{a,b}, Ludwig Christian Hinske^a, Simone Kreth^{a,b,*}

^a Department of Anesthesiology, University Hospital LMU Munich, Germany

^b Walter-Brendel-Center of Experimental Medicine, LMU Munich, Germany



Cancer Letters 431 (2018) 11–21

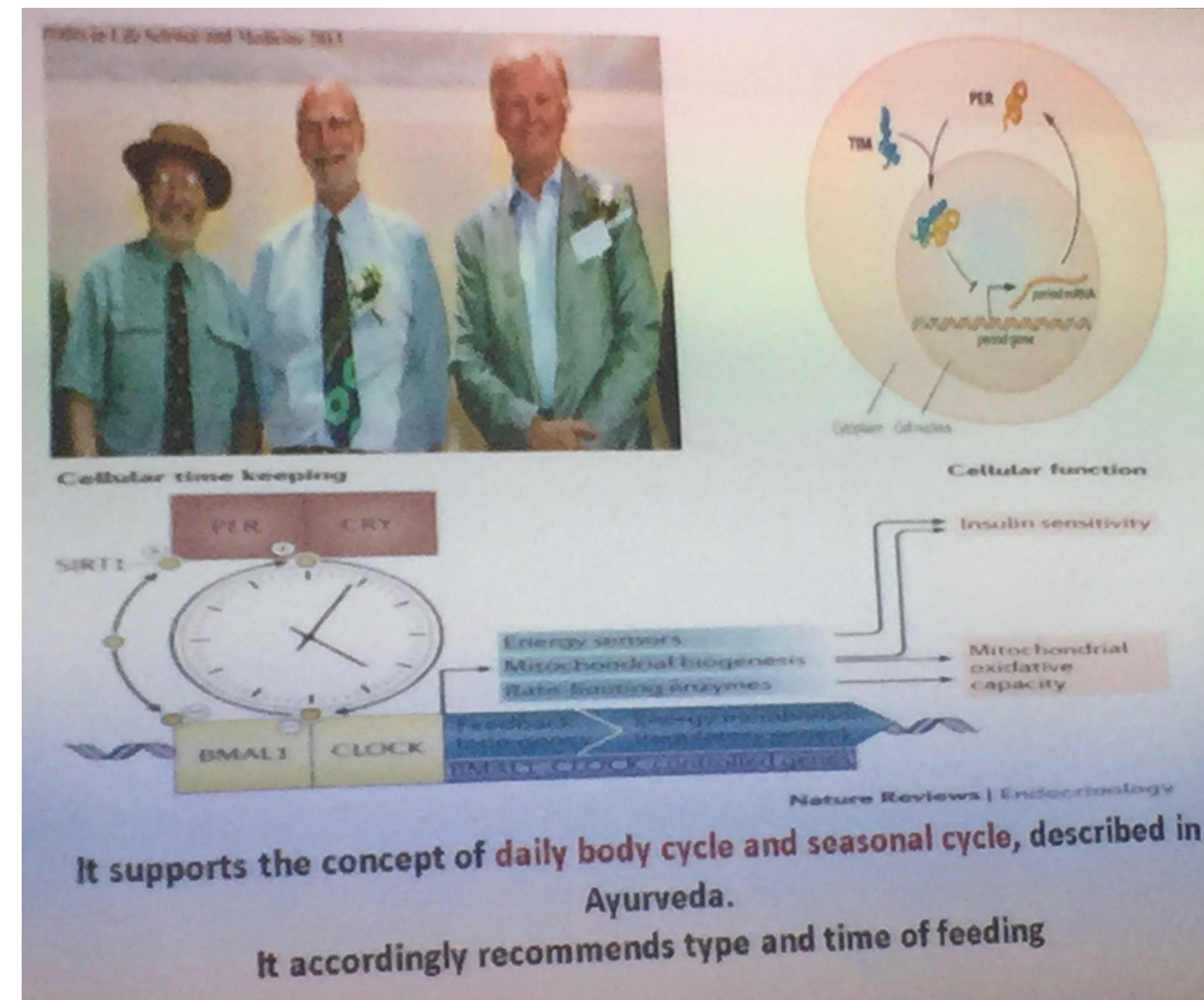
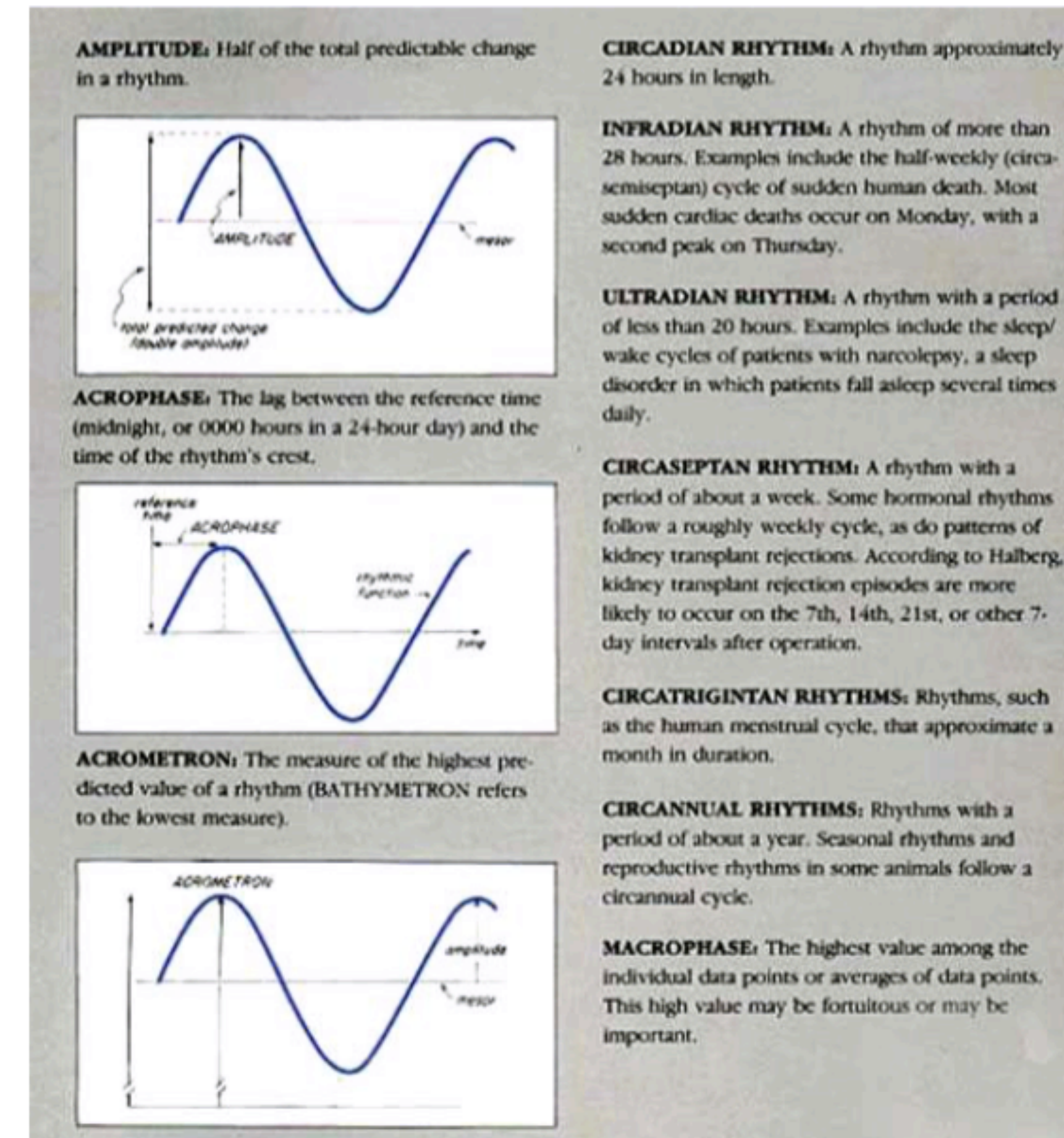
4. Understanding dinacharya

zeitgeber, noun.

PHYSIOLOGY, a rhythmically occurring natural phenomenon which acts as a cue in the regulation of the body's circadian rhythms.

Light
Atmospheric
Drugs
Temperature
Social interactions
Pharmacological manipulation
Exercise
Eating/drinking patterns

Clock Genes the importance of Daily Rhythms



 **Nobelförsamlingen**
The Nobel Assembly at Karolinska Institutet

Scientific Background

Discoveries of Molecular Mechanisms Controlling the Circadian Rhythm

The 2017 Nobel Prize in Physiology or Medicine is awarded to Jeffrey C. Hall, Michael Rosbash and Michael W. Young for their discoveries of molecular mechanisms that control circadian rhythms. Circadian rhythms are driven by an

5. Understanding dinacharya

PROCEEDINGS
— OF —
THE ROYAL
SOCIETY

B

Chronobiology by moonlight

Noga Kronfeld-Schor¹, Davide Dominoni^{2,3}, Horacio de la Iglesia⁴, Oren Levy⁵,
Erik D. Herzog⁶, Tamar Dayan¹ and Charlotte Helfrich-Forster⁷

¹Department of Zoology, Tel Aviv University, Tel Aviv 69978, Israel

²Department of Migration and Immuno-Ecology, Max Planck Institute for Ornithology,

nz, 78457 Konstanz, Germany
ington, Seattle, WA 98195, USA

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Proc R Soc B 280: 20123088



5. Mechanisms underlying lunar chronobiology

(a) Clock entrainment by moonlight

In many of the above-mentioned examples, the monthly rhythms are controlled by endogenous circalunar clocks. In other cases, the endogenous circadian clocks respond to moonlight and the daily activity phases are shifted when compared with moonless nights (figure 1). In any case, the animals have to perceive the Moon phase and moonlight. The mechanisms and photoreceptors used to detect moonlight and entrain or shift the endogenous clock were

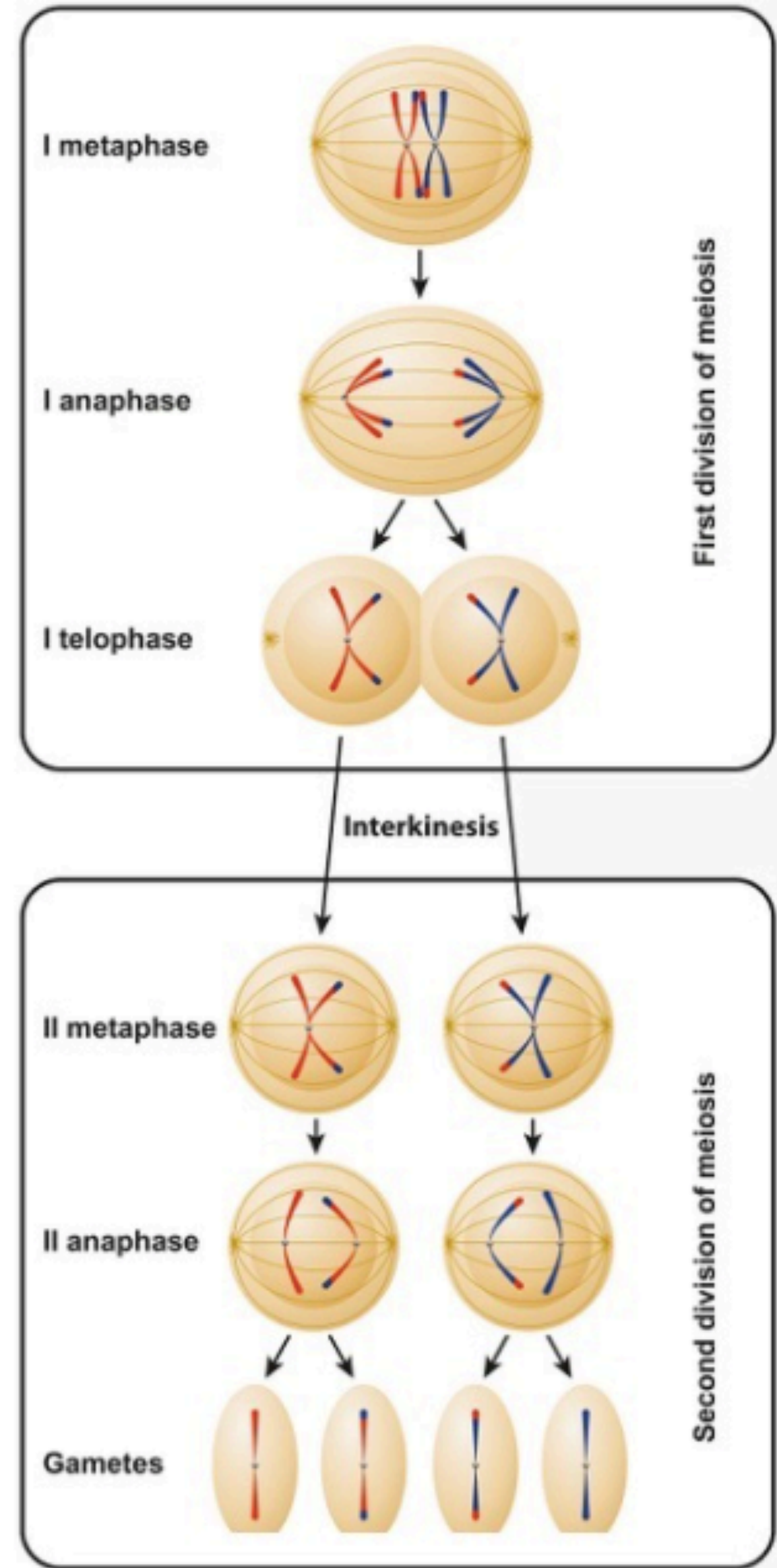
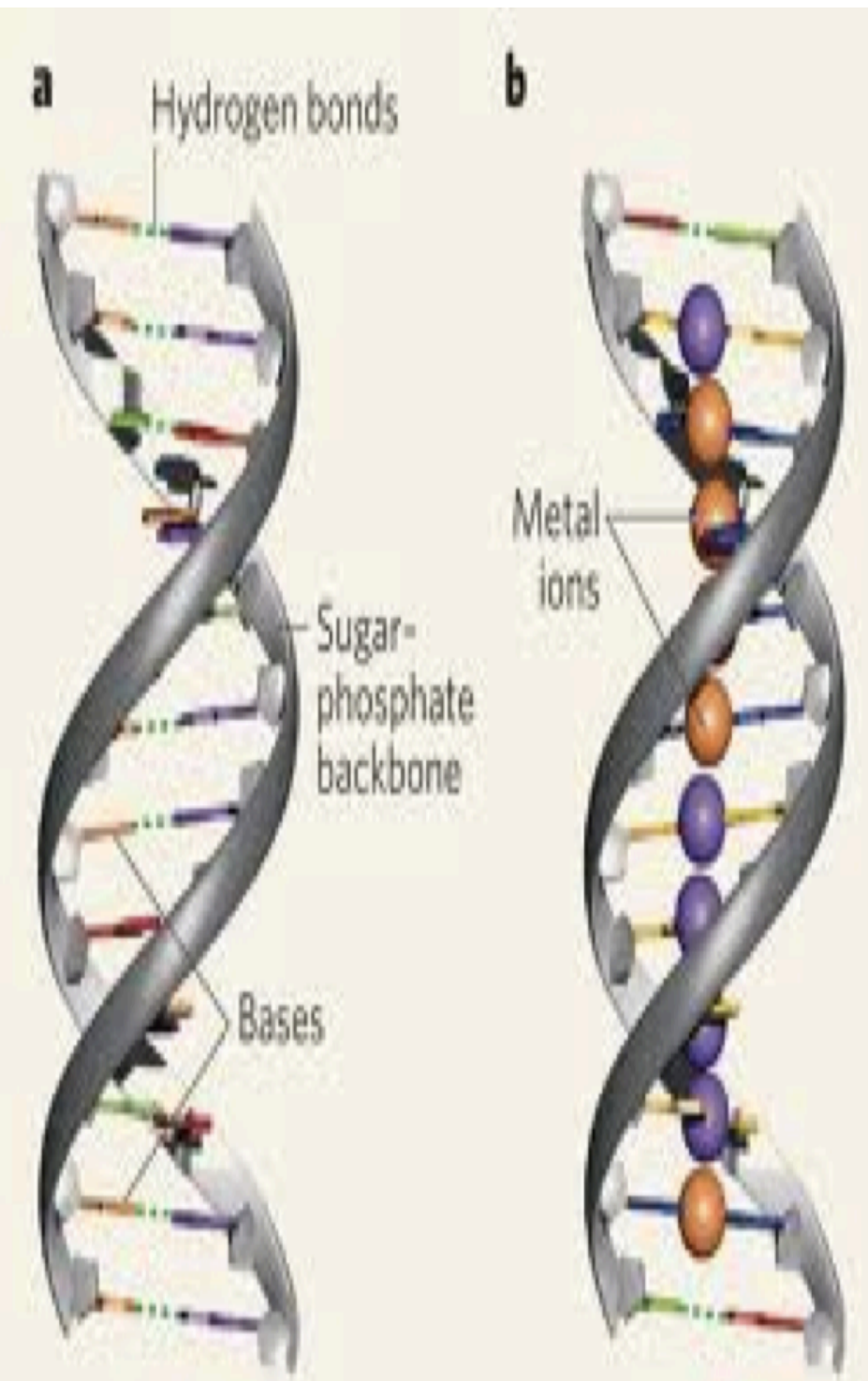


6. Physiological and behavioural effects of artificial light at night on animals

We have highlighted the role of natural light at night in shaping the daily activity patterns of animals. In the era of industrialization, artificial illumination is becoming a major force. While the effects of light at night on human health have been the subject of extensive research [133–135], studies

6. Understanding the Immune System

Oka-sātmya as epigenetics



इत्युक्तमृतुसात्म्यं यच्चेष्टाहारव्यपाश्रयम् ।
उपशेते यदौचित्यादोकः सात्म्यं तदुच्यते ॥ ४९ ॥


Thus the seasonal homologation relating to the regimen and diet has been explained. Such of the regimen and diets which have become non-injurious to the body by habitual use are known as *okasātmya* (they form part and parcel of the nature of the body so much so that even otherwise harmful, they do not cause any harm to the body like the poison of a snake). [49]

Caraka Samhita, Su. chap 6: Dietetics, sloka 49

Oka-sātmya says your optimal food, lifestyle and living are programmed into your being for three generations

7. Understanding Ahara

THE 7 DEADLY WHITE FOODS:
dietary oil creates cholesterol in the body,
so be careful to make abundant
healthy oil for your brain and joints
through which oil you choose



Reduced Risk of Incident AD with Elective Statin Use in a Clinical Trial Cohort

Author(s): D. Larry Sparks, Richard J. Kryscio, Marwan N. Sabbagh, Donald J. Connor, Lisa M. Sparks, Carolyn Liebsack.

Journal Name: Current Alzheimer Research

Volume 5 , Issue 4 , 2008 **DOI :** 10.2174/156720508785132316

www.icnr.com/articles/cholesterol-and-statin-drugs.html



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See also

- [Cholesterol: Friend or Foe?](#)

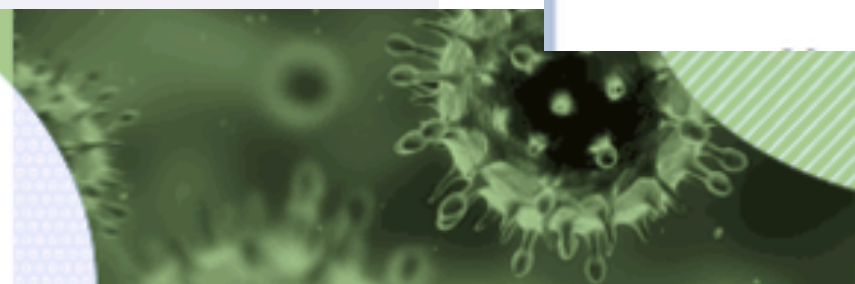
High Cholesterol May Not Even be "High"

According to the American Heart Association, your cholesterol levels should be below 200 mg/dl while levels of 200-239 mg/dl are borderline high, and anything over that is considered high. However, according to lipid biochemistry expert Mary Enig, PhD in the Weston A. Price Foundation quarterly magazine:

"Blood cholesterol levels between 200 and 240 mg/dl are normal. These levels have always been normal. In older women, serum cholesterol levels greatly above these numbers are also quite

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Statins are ineffective at reducing neuroinflammation or prolonging survival in scrapie-infected mice

Authors: James A. Carroll¹, Brent Race¹, Katie Phillips¹, James F. Striebel¹, Bruce Chesebro¹

[+ VIEW AFFILIATIONS](#)

*Correspondence: James A. Carroll, carrollja2@niaid.nih.gov

First Published Online: 31 Jul 2017. Journal of General Virology 98: 2190-2199. doi: [10.1099/jgv.0.000876](https://doi.org/10.1099/jgv.0.000876)



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Am J Geriatr Psychiatry. Author manuscript; available in PMC 2009 September 1.

Published in final edited form as:
Am J Geriatr Psychiatry. 2008 September ; 16(9): 781–785. doi:10.1097/JGP.0b013e3181812790.


Better memory functioning associated with higher total and LDL cholesterol levels in very elderly subjects without the APOE4 allele

Rebecca West, M.A.¹, Michal Schnaider Beerli, Ph.D.¹, James Schmeidler, Ph.D.¹, Christine M. Hannigan, B.S.¹, Gary Angelo, M.S.¹, Hillel T. Grossman, M.D.^{1,2}, Clive Rosendorff, M.D., Ph.D.^{1,2}, and Jeremy M. Silverman, Ph.D.^{1,2}

¹Mount Sinai School of Medicine
²James J. Peters Veterans Affairs Medical Center

#HEALTH NEWS FEBRUARY 29, 2012 / 12:20 AM / 6 YEARS AGO

FDA adds diabetes, memory loss warnings to statins

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DINacharya

Wisdom for Developing Daily Habits of Healthy Living

8. Understanding inflammation

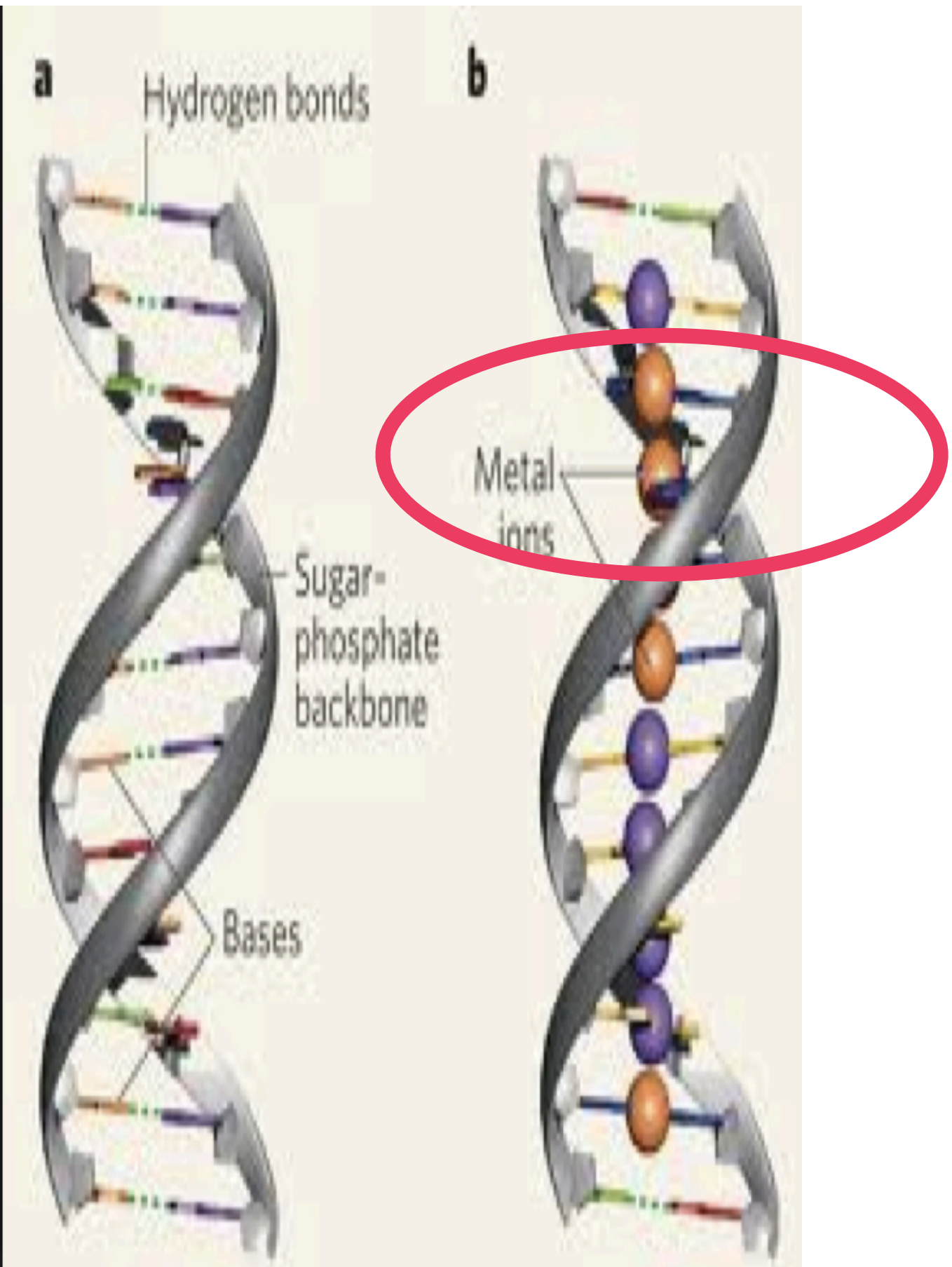
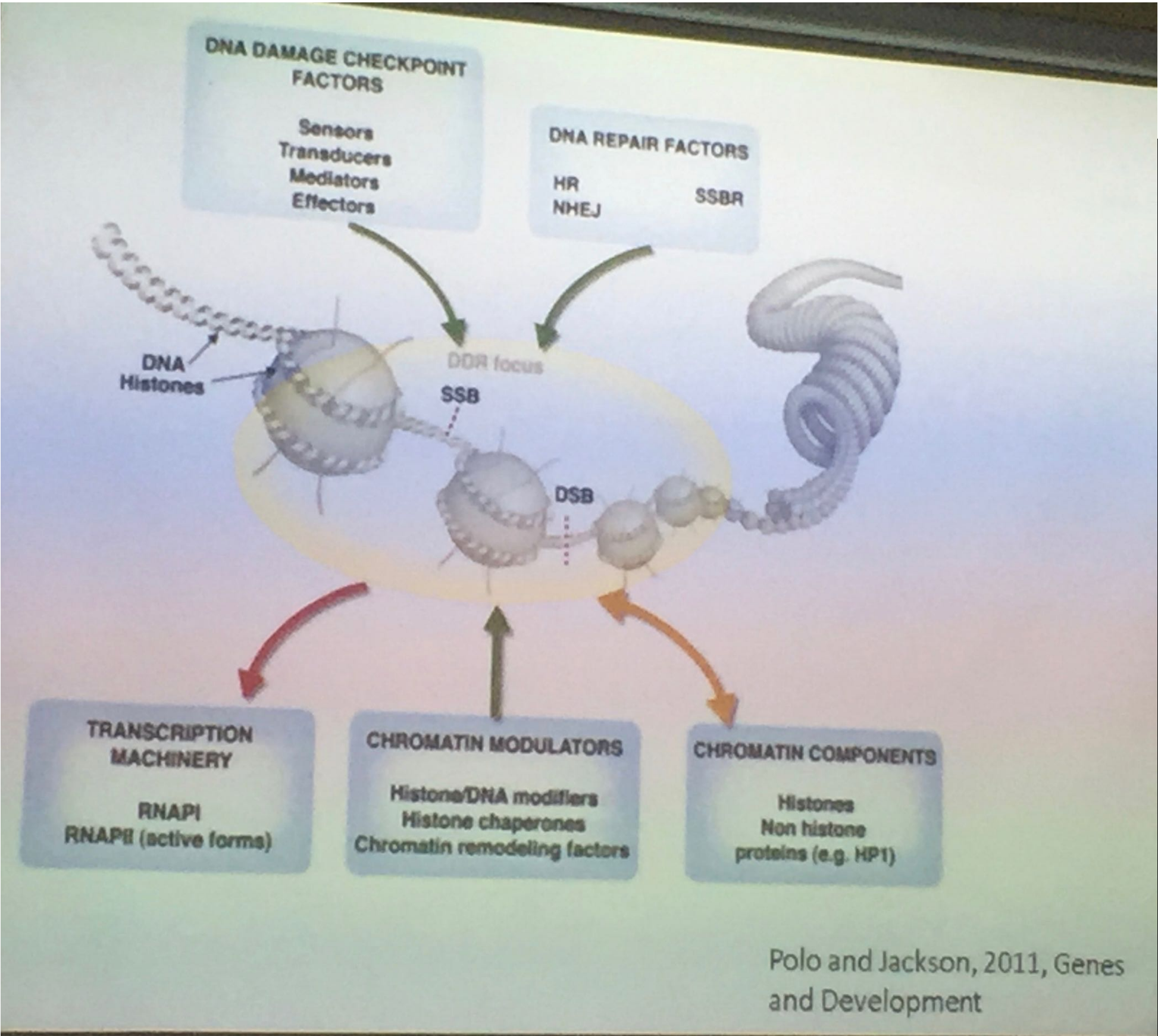
Traditional medicines and inspirations from systems biology: Concluding remarks

Recent developments in computational biology and bioinformatics have provided biologists with some systematic methods to analyze these molecular networks in a cellular context. Collectively predicated as systems biology, it aims to analyze relationships among elements (nodes) in a given system or the emergent properties of the system. Cellular networks that model the cellular response to a given perturbation would include protein-protein interaction networks (PPI: encode the information

Journal of Translational Medicine BioMed Central

Review
Merger of Ayurveda and Tissue Culture-Based Functional Genomics: Inspirations from Systems Biology
Custer C Deocaris, Nashi Widodo, Renu Wadhwa* and Sunil C Kaul

Open Access



9. Understanding fasting

Ayurvedic modalities:
Evidence for benefits of Fasting



PNAS

Caloric restriction improves memory in elderly humans

A. V. Witte^a, M. Fobker^b, R. Gellner^c, S. Knecht^a, and A. Flöel^{a,d,1}

Departments of ^aNeurology and ^cInternal Medicine, ^bCenter for Laboratory Medicine, and ^dInterdisciplinary Center Münster, Albert-Schweitzer-Strasse 33, 48149 Münster, Germany

Edited by Fred Gage, The Salk Institute, San Diego, CA, and approved December 19, 2008 (received for review September 1, 2008)

Animal studies suggest that diets low in calories and rich in unsaturated fatty acids (UFA) are beneficial for cognitive function. Taken together, potential diets have been proposed.

NIH Public Access
Author Manuscript
Brain Res Rev. Author manuscript; available in PMC 2009 September 1.

Published in final edited form as:

Brain Res Rev. 2009 March ; 59(2): 293–315. doi:10.1016/j.brainresrev.2008.09.002.

THE NEUROPROTECTIVE PROPERTIES OF CALORIE RESTRICTION, THE KETOGENIC DIET, AND KETONE BODIES

Marwan A. Maalouf¹, Jong M. Rho², and Mark P. Mattson³



Aging Dis. 2018 Dec; 9(6): 1165–1184.

PMCID: PMC6284760

Published online 2018 Dec 4. doi: [10.14336/AD.2018.1026](https://doi.org/10.14336/AD.2018.1026)

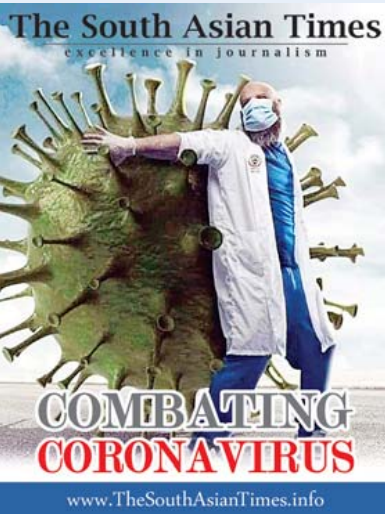
PMID: [30574426](https://pubmed.ncbi.nlm.nih.gov/30574426/)

Emerging Anti-Aging Strategies - Scientific Basis and Efficacy

Ashok K. Shetty,^{1,2,*} Maheedhar Kodali,^{1,2} Raghavendra Upadhy,^{1,2} and Leelavathi N. Madhu¹

10. Understanding vihara

The ancient ritual of dhoopana



Smoke, Flame and Herbs until tests for immunity become available

useful 8-10 weeks after you have encountered the disease, sometime in late May or June 2020. Data today show measures of infectivity, symptomatic cases, and deaths. Mitigation efforts and effects of social distancing dramatize late interventions of “flattening the curve” highlighting only that the curve rose in most nations because authorities had no wisdom of early intervention.

But the deaths from Covid do not lie. And the effects of zero outside contacts do not lie. Your symptoms about 12 days after your last outside contact do not lie about your personal prognosis. The statistics from severely-affected groups shows that the death rate predicts the true rate of infection. The death rate tells more than symptomatic patient rates, or testing rates, or positive tests. Flattening the curve was necessary because ancient hygienic wis-



By Dr Bhaswati Bhattacharya MPH MD (Family Medicine), PhD (Ayurveda-BHU)

decoction their grandmother made them. Frontline doctors of Indian origin around the USA are using nani’s (grandmother’s) recipes and are staying well.

BACK TO THE ENVIRONMENT

Ayurveda reminds us to cleanse the land, cleanse the water, cleanse the air and become aware of time, especially during epidemics, known

daily. Breathe deeply several times a day. Use oil drops in your nostrils daily. Ensure your sense of smell is working by smelling your food regularly. Take a bath daily using herbal powders. Choose to change your daily habits. If you do not take this time to improve the inner environment of your body, then disease will easily take it over.

Daily dhoopana, smoke and fire, cleanses the outer environment. In the house, burn an oil candle daily, preferably with ghee or mustard oil. Burn pure incense. Create a dhoopana. burn guggul, adding some ajwain, turmeric, neem, coconut husks, camphor and a few drops of ghee. Save those skins and paper around the garlic and onion and add it to the evening dhoopana. Try to see the pharmacy in your backyard and in your kitchen. Find juniper, frankincense, pine. Once the flame gets started, put some leaves on top to get the smoke going. Don’t use all of these ingredients in each session. ! Try using 3-5 and burning a dhoopana twice daily, at sunrise and sunset. And turn off your smoke alarm before starting this process. Reorient your home automation to allow ancient wisdom to re-enter. Recall that Indian knowledge was perfected by the 1000 years of cyclic infections that plagued Europe and created its Dark Ages while India flourished.

Clean your house and the area around it. Clean your garden and help plants to grow there. Leave clean water and food for birds. Clean old things out from your house.

To prevent any respiratory illness at the spring change of season, Ayurveda teaches us to make sure our gut is clean. The gut is the headquarters for empowering the immune system. Adding raisins (draksha), coriander (dhanya) leaves, prunes, spinaches (saag), palak and dark green leafy vegetables to the diet helps the bowel push contents down and out. If you need a little extra help, try taking 1 tsp of triphala with hot water at

night. If you need more help, contact an ayurvedic physician. You can take 1 tsp of dashmul powder with 1 tsp of psyllium husk with hot water at night. The main goal is to have large bowel movements daily and get the gut clean.

If you are in the 40% of America with irritable bowel syndrome, currently incurable by modern medicine, drink just 6 oz of coconut milk as medicine daily. It is nourishing and filling, but light to digest and is used to cool the inflamed belly. Most IBS patients benefit from musta and bilva. They take triphala every night. Use dashmul. Learn how by investing in an online visit with an authentic ayurvedic physician.

In the spring, when “Master Cleanse” is a popular fasting ritual for the body, the superfood amalaki, liver cleansers, herbomineral medicines, and multiherbal tablets are in use among athletes, nutrition enthusiasts, and holistic experts. In a country where fatty liver disease is abundant, a properly functioning liver is a great asset.

Ayurveda reminds us dhoopana cleanses the air, oil drops protect the nose, gargles cleanse with protective herbs, kashayas (decoctions) and formulations boost the digestive fire and promote better assimilation of all the herbs we invest in. The concept of Saucha, cleansing, is known to all who want Lakshmi to sit in our homes.

Dr. Bhattacharya is Clinical Asst Professor of Medicine at Weill Cornell Medical College in New York, 2018-2022 Fulbright Specialist in Public Health and author of best-selling 'Everyday Ayurveda' published by Penguin Random House.

janapada-uddhwansa



Medicinal smoke reduces airborne bacteria

Chandra Shekhar Nautiyal ^a✉, Puneet Singh Chauhan ^a, Yeshwant Laxman Nene ^b

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<https://doi.org/10.1016/j.jep.2007.08.038>

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Abstract

This study represents a comprehensive analysis and scientific validation of our ancient knowledge about the effect of ethnopharmacological aspects of natural products’ smoke for therapy and health care on airborne bacterial composition and dynamics, using the Biolog[®] microplate panels and Microlog[®] database. We have observed that 1 h treatment of medicinal smoke emanated by burning wood and a



Burn an oil candle daily. Burn incense if you cannot burn guggul and coconut husks and camphor. Wash your hands when you rise, when you eat, when you come inside. Use oil drops in your nostrils. Clean your house. Clean your garden and help plants to grow there. Clean old things out from your house. Take a bath daily using herbal powders. Do quiet yoga and meditate daily. Breathe deeply several times a day. Ensure your sense of smell is working. Choose to change your daily habits to what you know are healthy.

tell your antibody response up to a few days before testing. Even if tested today, if you touch infected items, get infected by an object or asymptomatic carrier, today’s negative test result has no value after today. Obsession with testing now will likely only give you a useless snapshot of a moment in the past.

Even the CDC’s own tests failed in March, and they refused to accept

dom is not consistently practiced among even the most educated. The maximum infection vectors today are the exhausted frontline workers who lapse in their own guidelines.

PHYSICAL DISTANCING, SOCIAL COHESION

Ancient wisdom tells us that preventing spread to another person is the best way to serve your loved

as janapada-uddhwansa in Sanskrit. It teaches us to clean the inner environment by breathing deeply to slow time in the body. Daily pranayama and movement of the 14 main joints of the body is important for moving blood and oxygen to the quiet corners inside the body. Wash your hands when you rise, when you eat, when you come inside. Do quiet yoga and meditate

11. Understanding agrya foods

Anupana_a - cultured Ghee

aka Clarified Butter, Drawn Butter, Butter Oil, Ghee Butter or Anhydrous Milk Fat (AMF)

Golden colored ghee is prepared by melting and simmering butter until all the water evaporates and the milk solids (casein, lactose) settle at the bottom and are removed

very high smoke point (~400 °F)

very little moisture content and it is shelf-stable

aged ghee = medicinal

slightly alkalizing effect

penetrates BBB

8% saturated fatty acids ; digestibility co-efficient / rate of adsorption = 96%

contains triglycerides, diglycerides, monoglycerides, phospholipids,

contains beta-carotene 600 IU and Vitamin E



CLA - Conjugate Linoleic Acid - conflicting studies due to isomers

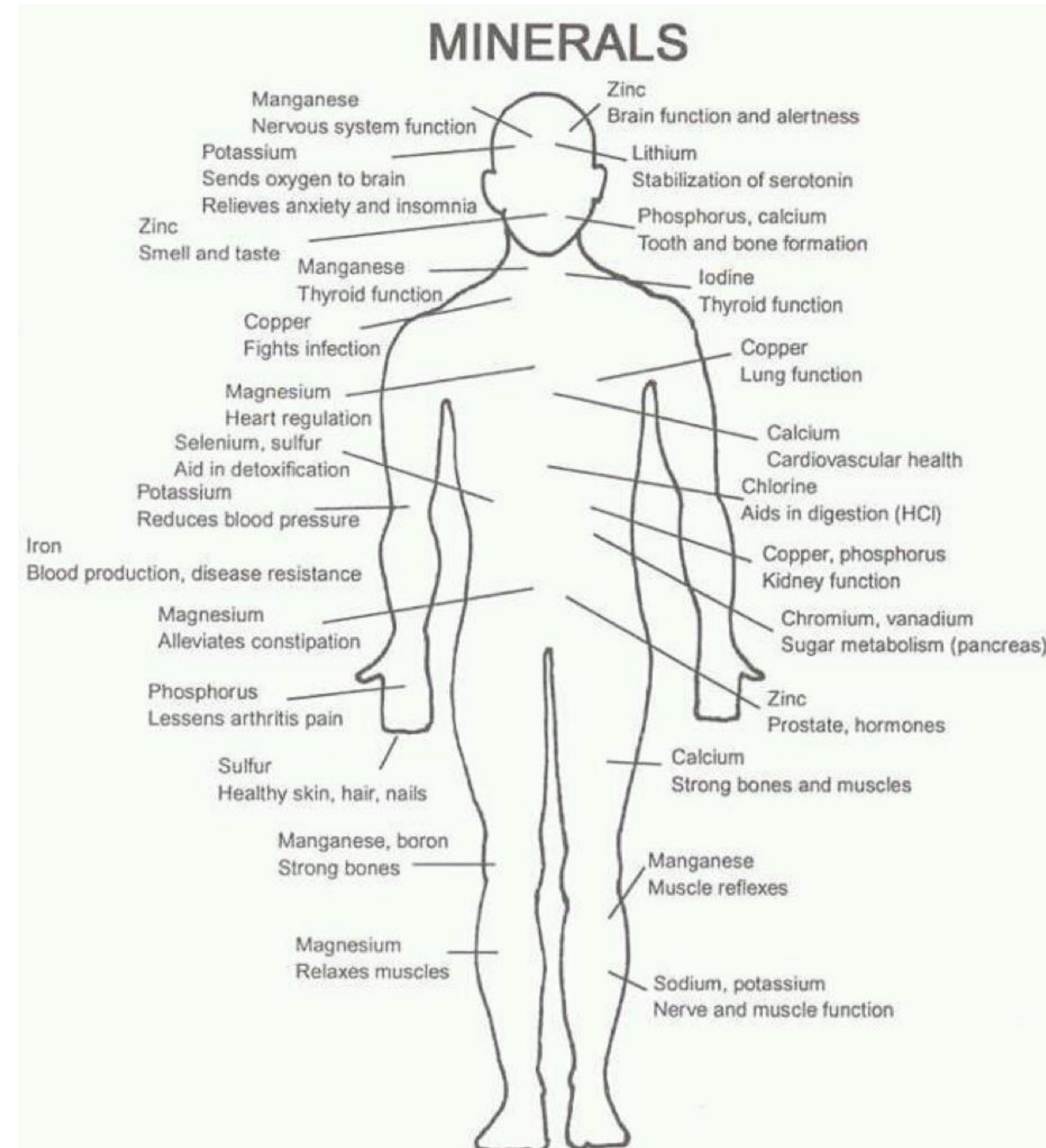
summer grassfed (2% vs. 0.03%) - higher CLA --> lowers TC, LDL, TG, body fat, sx's of DM, CVD

Sources: Sandeep Agarwal, Gill and Cross (2000),

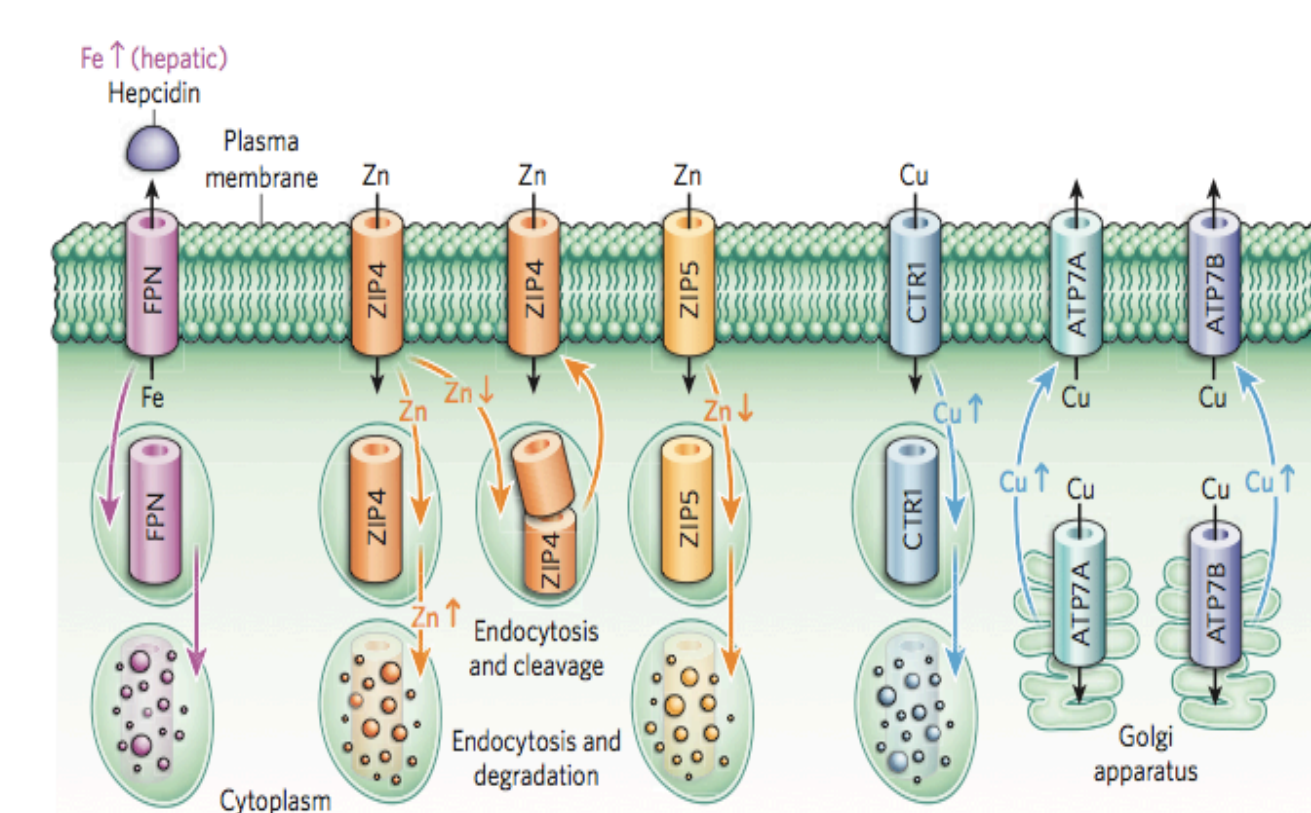
Larsen TM et al. Efficacy and safety of dietary supplements containing Conjugated Linoleic Acid (CLA) for the treatment of obesity – evidence from animal and human studies. J Lipid Research, August 16, 2003, Manuscript R300011-JLR200



12. Understanding aushadam



Source: Waldron KJ et al.
Metalloproteins and metal sensing
|NATURE|Vol 460|13 August
2009|doi:10.1038/nature08300



2.4.3 Extracellular superoxide dismutase

Extracellular superoxide dismutase (ECSOD) is a secretory tetrameric glycoprotein with a molecular weight of 135 kDa (Marklund 1984). It contains also Cu and Zn in its active site. It is the major SOD of extracellular fluids and interstitium (Marklund 1984), lung representing by far the major tissue that expresses ECSOD, the finding being very similar in murine and human lung (Folz *et al.* 1997, Ookawara *et al.* 1998). ECSOD has been accounted for over 70% of the total SOD activity in some pulmonary and systemic vessels (Oury 1996a). Typical feature of ECSOD is its heterogenic affinity to heparin

EXPRESSION OF OXIDANT AND ANTIOXIDANT ENZYMES IN HUMAN LUNG AND INTERSTITIAL LUNG DISEASES

ESSI
LAKARI

Department of Internal Medicine,
University Hospital of Oulu
Department of Pathology,
University of Oulu

What is Really Happening

belief vs. science

Blind quoting of evidence without witnessing or understanding
What is evidence?

Why are ancient continuous healing practices not evidence?

subtle energies

Examples of parallel universe of TCIM in USA and India
not seen by authorities in medicine, governments, WHO

What is Really Happening

Why are we ignoring whole systems research?

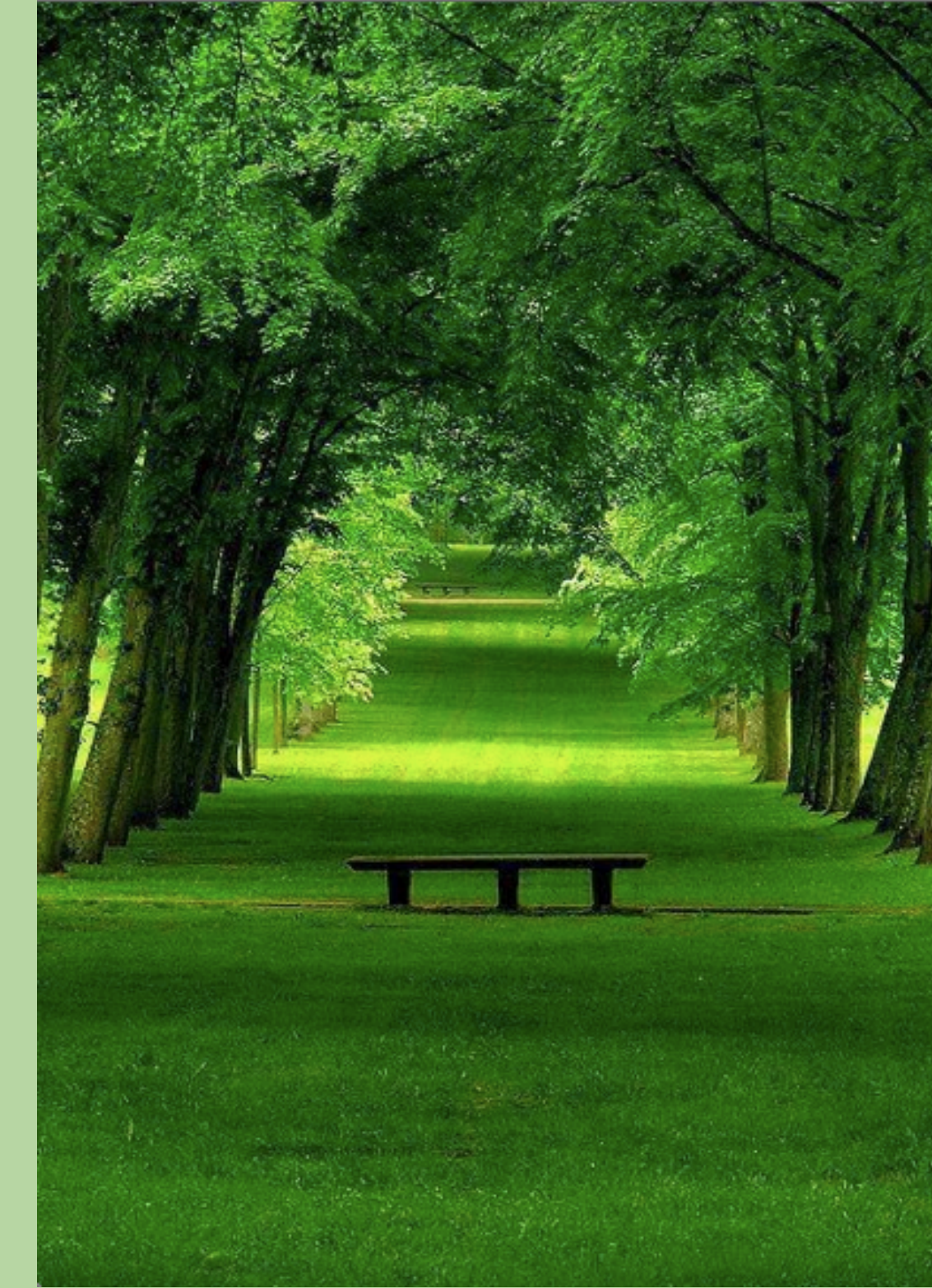
Why are we ignoring PCOR?

Why are we ignoring the groundswell of the wellness movement

Why do we ignore the healing and NON-pharmaceutical,
non-physical modes of medicine?

सतताध्ययनं, वादः परतन्त्रावलोकनम् ।
तद्विद्याचार्यसेवा च बुद्धिमेधाकरो गणः ॥

*Constant study, mutual discussion,
learning other disciplines and
serving the preceptor-these factors
endow one with intelligence and memory*
- Su. Ci. 28.27



This session is dedicated to my mother, who taught me
the ancient wisdom of robust real health.