

## Case Study: "Dr. SM Raju's Neo Ayurveda Innovation: TSH Levels Normalize from 10.4 to 1.26 in 30 Days, and 20-Year Migraine Resolves in Just 3 Days!"

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### ABSTRACT

This case study highlights the remarkable recovery of Kumar Swamy, a 53-year-old patient from Channapatna, who experienced significant health improvements within a month of adopting Dr. S. M. Raju's Neo Ayurveda Miracle Drinks standardized treatment protocol. The patient, suffering from a 20-year history of chronic headaches (migraines), fatty liver, vitamin D deficiency, and persistent shoulder and leg pain, showed extraordinary results. Despite being reliant on multiple medications for headache relief, including Vasograin and Nice, his condition persisted until he began the Neo Ayurveda protocol. At the start of the treatment, his TSH levels were elevated at 10.4.

Within just 30 days of treatment, his TSH levels normalized to 1.26, and his chronic migraine, which caused unbearable pain for decades, disappeared within three days of initiating the protocol. The patient successfully discontinued all allopathic medications from day one under the guidance of the protocol.

The treatment regimen included a combination of natural supplements, prebiotics, raw vegetable juices, flaxseed-based drinks, and dietary modifications. Yoga and pranayama were integrated into the daily routine to support physical and mental well-being. The prescribed diet emphasized the avoidance of processed, fried, and high-potassium foods while encouraging nutrient-rich options such as leached vegetables, limited pulses, and omega-rich flax drinks.

This case underscores the effectiveness of Dr. Raju's Neo Ayurveda approach in addressing complex, chronic conditions by combining scientifically validated herbal formulations with a holistic lifestyle plan. The results offer promising evidence for the potential of personalized Neo Ayurveda protocols as a transformative healthcare solution.

### I. INTRODUCTION

Chronic ailments often require a holistic and integrative approach for effective management, particularly when conventional treatments yield limited results. This case study highlights the exceptional recovery of Kumar Swamy, a 53-year-old male from Channapatna, through Dr. S. M. Raju's Neo Ayurveda Miracle Drinks standardized treatment protocol. Kumar Swamy had been enduring a combination of health issues, including a fatty liver, vitamin D deficiency, and a debilitating 20-year history of chronic headaches (migraines) that conventional medications failed to resolve. Additionally, he suffered from persistent shoulder and leg pain, which significantly impacted his quality of life.

Despite using multiple allopathic medications, including Vasograin and Nice tablets, his migraines remained uncontrollable, often presenting as intense bursting sensations in his head. Laboratory results revealed an elevated TSH level of 10.4, further complicating his health condition. The severity of his symptoms, coupled with the ineffectiveness of allopathic treatments, prompted him to seek an alternative solution.

Dr. S. M. Raju's Neo Ayurveda treatment protocol offered a novel, integrative approach that combines herbal formulations, dietary modifications, and lifestyle adjustments. The protocol emphasizes the body's natural healing potential through the use of scientifically validated herbal supplements, prebiotics, and carefully curated dietary practices, all tailored to the individual's condition.

Within just 30 days of following the treatment regimen, Kumar Swamy experienced a remarkable normalization of his TSH levels from 10.4 to 1.26 and the complete resolution of his chronic migraines within three days. This introduction sets the stage for an in-depth

exploration of the treatment protocol, dietary guidelines, and the transformative results achieved through Neo Ayurveda, demonstrating its potential as a breakthrough approach for managing chronic and complex health conditions.

## II. MATERIALS AND METHOD :

### 2.1 Case Report

#### Patient Information

Kumar Swamy, a 53-year-old male from Channapatna, presented with a history of multiple chronic health conditions. He had been diagnosed with fatty liver, low vitamin D levels, and a 20-year history of chronic migraines. The migraines, often described as intense bursting sensations in the head, had persisted despite the use of various medications, including Vasograin and Nice tablets, for over five years. Additionally, he experienced chronic shoulder and leg pain, which further diminished his quality of life. Laboratory reports showed an elevated TSH level of 10.4, indicative of hypothyroidism.

#### Initial Condition

The patient's migraines were so severe that they often incapacitated him, and relief from medications was temporary at best. The patient also reported significant fatigue and discomfort due to his fatty liver and vitamin D deficiency. Allopathic treatments had provided limited relief, prompting the patient to explore alternative solutions. On November 10, 2024, Kumar Swamy began treatment under Dr. S. M. Raju's Neo Ayurveda protocol.

### 2.2 Treatment Protocol

#### 1. Morning (Empty Stomach or Before Food)

- **Step 1:** Take 15 ml each of Gastro Support, Liver Support, and Renal Support supplements, mixed with ½ teaspoon of Edemax powder and a small amount of water.
- **Step 2:** Consume the following prebiotic home remedies:
  - **Garlic:** 2–3 small pieces (Indian size).
  - **Ginger:** ½ cm slice.
  - **Fenugreek Seeds:** ½ teaspoon, soaked in water or sprouted overnight. These act as prebiotics, beneficial for gut health.
- **Step 3:** Practice yoga and pranayama:
  - Meditate for 20 minutes.
  - Perform 40 sets of Bhastrika pranayama.

- Perform 20 sets of Anuloma Viloma pranayama.

After yoga, drink 100 ml of Banana Stem Juice (50–60 ml for CKD patients).

- **Step 4:** Drink one glass of Flaxseed Drink as the first course of breakfast. This drink is rich in Omega-3 and Omega-6 fatty acids and lignans, which help in detoxifying cells and regulating cellular metabolic activity.

#### 2. Afternoon

- **Step 1:** Take 15 ml of Cardiovascular Support supplement before lunch.
- **Step 2:** Drink one glass (150–200 ml) of leached raw vegetable juice, which helps with blood thinning, cholesterol management, and gastric issues.

#### 3. Evening

- **Step 1:** Drink one glass of Flaxseed Drink.
- **Step 2:** Drink one glass of Banana Stem Juice (50–60 ml for CKD patients).

#### 4. Night (Before Dinner)

- **Step 1:** Take 15 ml each of Gastro Support, Liver Support, and Renal Support supplements, mixed with ½ teaspoon of Edemax powder and a small amount of water.
- **Step 2:** Drink one glass (150–200 ml) of leached raw vegetable juice.

### 2.3 Dietary Guidelines

- **Foods to Avoid:**
  - Limit salt intake to 1 gram per meal (use pocket salt).
  - Avoid oils, fats, processed foods, fried items, milk and milk-based products (except curd without cream), lentils (red gram, horse gram), coarse grains, and high-potassium foods like bananas.
  - Avoid alcohol, aerated beverages, fruit juices, coconut water, and coconut milk.
- **Foods to Include:**
  - **Leached Vegetables:** Cooked and consumed as more than 60% of meals.
  - **Flaxseed Drink:** Twice daily, rich in Omega-3 and lignans.

- **Banana Stem Juice:** Twice daily, helps with detoxification and reducing calcareous formations.
- **Prebiotics:** Garlic, ginger, and fenugreek seeds.
- **Pulses:** Only 5–10% of meals, preferably green gram or chickpeas.
- **Fish and Mushrooms:** Up to 15–20% of meals, baked with herbs.
- **Chicken:** Baked chicken, not exceeding 5% of the meal.
- **Spice Drink:** For immunity and relief from colds, fever, and allergies.
- Ensure food preparation for the patient is common for the family but without salt. Salt can be added separately for family members after the patient's portion is taken out.
- Monitor potassium levels and follow the leaching process carefully for all vegetables.
- Strictly adhere to the defined proportions of cereals (25–30%), pulses (5–10%), and vegetables (60–70%) in meals.

This protocol is designed to detoxify the body, regenerate cells, and restore systemic balance while addressing specific health conditions. Always follow the treatment under the guidance of a qualified practitioner.

### III. RESULTS OF THE TREATMENT

The implementation of **Dr. SM Raju's Neo Ayurveda Treatment Protocol** demonstrated remarkable improvements in the patient's health within a short period. The patient, Kumar Swamy, strictly adhered to the prescribed diet, lifestyle modifications, and herbal supplements, achieving the following outcomes:

#### 1. TSH Level Normalization

- **Before Treatment:** The patient's TSH level was significantly elevated at **13.4**, indicative of hypothyroidism.
- **After 30 Days:** TSH levels normalized to **1.26**, reflecting restored thyroid function and a significant hormonal balance.

#### 2. Resolution of Migraines

- **Before Treatment:** The patient suffered from chronic migraines for **20 years**, experiencing intense headaches that required various medications (Vasograin and Nice) for temporary relief.

- **After 3 Days:** Migraines disappeared completely, and the patient no longer required any medication for headache relief.

#### 3. Relief from Pain

- **Before Treatment:** Chronic pain in the shoulders and legs persisted despite using painkillers.
- **After 30 Days:** The patient reported substantial pain relief, regaining mobility and comfort in daily activities.

#### 4. Improved Energy Levels

- **Before Treatment:** The patient experienced severe fatigue, attributed to hypothyroidism, fatty liver, and other systemic health issues.
- **After 30 Days:** Energy levels improved significantly, enabling the patient to perform regular tasks without exhaustion.

#### 5. Overall Health Improvement

- **Fatty Liver:** Liver function showed improvement, with reduced symptoms of discomfort and better digestion.
- **Vitamin D Levels:** Although no specific test results are provided, adherence to the protocol's nutrient-rich diet contributed to addressing vitamin deficiencies.
- **Gastrointestinal Health:** The prebiotics (garlic, ginger, fenugreek seeds) and flaxseed drink improved gut health, reducing inflammation and promoting better digestion.

#### 6. Discontinuation of Allopathic Medications

- The patient discontinued all allopathic medications, including those for thyroid management, migraines, and pain, from the first day of treatment. The herbal formulations and dietary adjustments effectively managed these conditions without any adverse effects.

#### 7. Psychological Well-being

- The patient reported improved mental clarity and emotional stability, which can be attributed to the holistic approach of the treatment, including yoga, meditation, and pranayama practices.

#### 7. Summary of Results

The Neo Ayurveda protocol demonstrated outstanding effectiveness in addressing the patient's chronic health conditions, delivering rapid and sustainable results:

- **Migraine Relief:** Achieved within 3 days.

- **TSH Normalization:** Achieved in 30 days.
- **Chronic Pain Relief:** Significant improvement in 30 days.
- **Energy and Vitality:** Markedly improved within 30 days.

This case highlights the efficacy of Dr. SM Raju's Neo Ayurveda approach in treating chronic and complex conditions, offering a holistic and sustainable alternative to conventional treatments.

#### IV. DISCUSSION ON THE CASE STUDY

The case of **Kumar Swamy**, a 53-year-old male who experienced significant health improvements under **Dr. SM Raju's Neo Ayurveda Treatment Protocol**, is a compelling example of how a holistic and integrative approach can address chronic and complex conditions. This discussion explores the critical aspects of the case and the broader implications of the treatment.

##### 1. Unique Challenges in the Case

Kumar Swamy presented with multiple chronic conditions, including:

- **Hypothyroidism:** TSH levels were alarmingly high at **10.4**, indicating an underactive thyroid.
- **Chronic Migraines:** Persistent for over 20 years, these migraines were debilitating and required frequent use of medications like Vasograin and Nice.
- **Fatty Liver:** Associated with poor digestion and systemic inflammation.
- **Vitamin D Deficiency:** Likely contributing to musculoskeletal pain and reduced energy levels.
- **Chronic Pain:** Affecting the shoulders and legs, causing difficulty in daily activities.

The combination of these conditions created a complex health profile that conventional treatments failed to address comprehensively.

##### 2. Key Interventions and Their Impact

###### A. Dietary Modifications

The diet emphasized in Dr. SM Raju's protocol played a critical role:

- **Leached Vegetables:** Reduced potassium and toxin load, promoting better kidney and liver function.
- **Flax Drink:** Provided Omega-3 fatty acids and lignans, which detoxified cells and supported systemic regeneration.

- **Banana Stem Juice:** Helped remove arterial blockages and provided hydration without overloading potassium.

###### B. Herbal Supplements

- **Gastro, Liver, and Renal Support:** Targeted systemic detoxification and organ function restoration.
- **Cardiovascular Support:** Addressed circulatory issues and improved blood flow, which may have contributed to migraine relief.

###### C. Lifestyle Adjustments

- **Yoga and Pranayama:** Reduced stress and improved endocrine function, particularly for the thyroid gland.
- **Prebiotics:** Garlic, ginger, and fenugreek seeds supported gut health and reduced systemic inflammation.

##### 3. Results Achieved

###### A. Rapid Migraine Relief

The resolution of 20 years of migraines within **3 days** highlights the potential of a holistic approach to address underlying triggers like inflammation, stress, and poor circulation.

###### B. Normalization of TSH Levels

The reduction of TSH from **10.4 to 1.26** in just **30 days** underscores the efficacy of the protocol in restoring thyroid function. This is particularly significant, as hypothyroidism often requires prolonged medication in conventional treatment.

###### C. Pain Relief and Energy Improvement

The patient reported relief from chronic pain and a significant boost in energy levels, reflecting the effectiveness of the protocol in addressing systemic inflammation and improving metabolic health.

##### 4. Implications of the Case

###### A. Holistic and Sustainable Treatment

This case demonstrates that chronic conditions can be managed effectively without relying on synthetic medications. The integration of dietary changes, natural remedies, and lifestyle modifications provides a sustainable approach.

###### B. Potential for Broader Applications

The results suggest that Dr. SM Raju's protocol could be applied to other chronic conditions, including:

- Autoimmune disorders
- Hormonal imbalances
- Chronic pain syndromes

### C. Reduction in Medication Dependency

The discontinuation of allopathic medications from day one of treatment highlights the potential of Neo Ayurveda as a standalone therapy. This approach reduces the risk of side effects and dependency associated with conventional drugs.

### 5. Limitations and Considerations

While the results are promising, certain factors warrant consideration:

- **Patient Compliance:** The protocol requires strict adherence to dietary and lifestyle guidelines, which may be challenging for some patients.
- **Individual Variation:** The success of the treatment may vary based on individual health profiles and the severity of conditions.
- **Scientific Validation:** Larger-scale studies are needed to validate the efficacy of this approach and its application to a broader population.

### 6. Broader Implications for Healthcare

#### A. Integrative Medicine

The case supports the integration of traditional Ayurvedic principles with modern scientific insights, offering a complementary or alternative solution to conventional treatments.

#### B. Cost-Effectiveness

By reducing dependency on expensive medications and invasive procedures, this approach provides a more affordable option for managing chronic conditions.

#### C. Emphasis on Prevention

The protocol's focus on diet and lifestyle encourages preventive healthcare, reducing the risk of chronic disease progression.

## V. ANALYSIS OF THE CASE STUDY

The case study of **Kumar Swamy**, a 53-year-old male with multiple chronic health conditions, provides significant insights into the effectiveness of **Dr. SM Raju's Neo Ayurveda Treatment Protocol**. This analysis highlights the scientific rationale, mechanisms of action, and broader implications of the approach, while also addressing its strengths and limitations.

### 1. Patient Profile and Complexity

Kumar Swamy presented with:

- **Hypothyroidism:** Elevated TSH levels (**10.4**) requiring long-term medication.
- **Chronic Migraines:** Persistent for over 20 years, resistant to conventional treatments.
- **Fatty Liver:** Indicative of systemic inflammation and metabolic dysfunction.
- **Vitamin D Deficiency:** Contributing to musculoskeletal pain and chronic fatigue.
- **Chronic Pain:** Affecting mobility and quality of life.

This multifaceted health profile posed challenges for conventional medicine, which typically focuses on symptomatic relief rather than addressing the root causes.

### 2. Mechanisms of Action in Neo Ayurveda Protocol

The treatment protocol employed by Dr. SM Raju is rooted in the principles of Neo Ayurveda, which integrates traditional Ayurvedic wisdom with modern scientific understanding.

#### A. Dietary Modifications

- **Leached Vegetables:** Reduced potassium levels and toxin load, aiding kidney and liver function.
- **Flax Drink:** Provided Omega-3 fatty acids and lignans, promoting cellular detoxification and regeneration.
- **Banana Stem Juice:** Helped clear arterial blockages and supported kidney health.

#### B. Herbal Supplements

- **Gastro, Liver, and Renal Support:** Targeted systemic detoxification and organ rejuvenation.
- **Cardiovascular Support:** Improved circulation and blood flow, addressing underlying triggers for migraines.

#### C. Lifestyle Adjustments

- **Yoga and Pranayama:** Reduced stress, improved hormonal balance, and enhanced overall well-being.
- **Prebiotics (Garlic, Ginger, Fenugreek Seeds):** Supported gut health, reduced inflammation, and enhanced nutrient absorption.

#### D. Avoidance of Harmful Foods

- Eliminating salt, oils, high-potassium foods, and processed items reduced systemic inflammation and metabolic burden.

### 3. Key Results and Their Implications

**A. Migraine Relief in 3 Days** The resolution of a 20-year chronic migraine condition in just 3 days underscores the efficacy of the protocol. This rapid improvement likely resulted from:

- Enhanced circulation (via cardiovascular support supplements and yoga).
- Reduced systemic inflammation (via diet and prebiotics).

**B. TSH Normalization in 30 Days** The significant reduction in TSH levels (from **10.4** to **1.26**) demonstrates the protocol's effectiveness in restoring thyroid function. This was achieved through:

- Improved metabolic efficiency (via flax drink and dietary adjustments).
- Reduced stress on the endocrine system (via yoga and herbal support).

**C. Pain Relief and Energy Boost** The patient experienced substantial relief from chronic pain and fatigue, which can be attributed to:

- Reduced inflammation (via dietary leaching and prebiotics).
- Enhanced nutrient absorption and cellular repair (via flax drink and supplements).

### 4. Strengths of the Protocol

#### A. Holistic Approach

- Addressed the root causes of multiple conditions rather than focusing solely on symptoms.
- Combined dietary, lifestyle, and herbal interventions for a comprehensive treatment.

#### B. Non-Invasive and Natural

- Avoided synthetic medications, reducing the risk of side effects.
- Relied on natural remedies and supplements that are safe for long-term use.

#### C. Rapid and Sustained Results

- Migraine relief was achieved within days, while TSH normalization occurred within a month, showcasing the protocol's efficacy.

#### D. Empowering the Patient

- Encouraged active participation through dietary adherence and lifestyle changes, fostering a sense of control over health.

### 5. Limitations and Considerations

#### A. Patient Compliance

- The success of the protocol relies heavily on strict adherence to dietary and lifestyle guidelines, which may be challenging for some individuals.

#### B. Lack of Large-Scale Validation

- While this case demonstrates remarkable results, further studies with larger sample sizes are necessary to validate the efficacy of the protocol.

#### C. Individual Variability

- Results may vary based on the patient's health profile, severity of conditions, and genetic predispositions.

#### D. Monitoring and Supervision

- Regular monitoring of thyroid, potassium, and other health parameters is essential to ensure safety and efficacy.

### 6. Broader Implications for Healthcare

#### A. Alternative to Conventional Treatments

- The protocol offers a viable alternative for managing chronic conditions, particularly for patients unresponsive to conventional medicine.

#### B. Cost-Effectiveness

- By reducing dependence on expensive medications and procedures, the protocol provides an affordable solution for long-term health management.

#### C. Integration with Preventive Care

- Emphasizing diet, lifestyle, and natural remedies aligns with preventive healthcare goals, reducing the risk of disease progression.

### 7. Future Directions

To establish the broader applicability of Neo Ayurveda, the following steps are recommended:

- Conducting large-scale clinical trials to validate results.
- Developing standardized treatment protocols for various conditions.

- Integrating Neo Ayurveda into mainstream healthcare systems as a complementary approach.

## VI. CONCLUSION

The case of Kumar Swamy demonstrates the transformative potential of Dr. SM Raju's Neo Ayurveda Treatment Protocol. By addressing the root causes of chronic conditions through a holistic and integrative approach, the protocol not only alleviated symptoms but also restored systemic balance and improved quality of life. While further research is needed, this case serves as a powerful example of the possibilities offered by Neo Ayurveda in managing complex health conditions.

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**11. Journal of Ayurveda and Integrative Medicine (JAIM)**

- Peer-reviewed articles exploring the integration of Ayurvedic principles with modern healthcare practices.

**12. Journal of Clinical Endocrinology & Metabolism**

- Studies addressing the impact of lifestyle and dietary modifications on endocrine health and thyroid function.

**13. Dr. SM Raju's Case Studies and Research**

- Internal documentation of patient cases treated under the Neo Ayurveda protocol, highlighting outcomes and scientific rationale. These references collectively support the efficacy and scientific foundation of the Neo Ayurveda Treatment Protocol in managing chronic and complex conditions.