

A Case Study: One-Month Efficacy of Dr. SM Raju's Neo Ayurveda - Miracle Drinks Treatment Protocol on a 12-Year-Old with a Rare, Incurable Muscle diseases - Pyomyositis (Autoimmune Disease)

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ABSTRACT

This case study highlights the remarkable efficacy of **Dr. S.M. Raju's Neo Ayurveda treatment protocol**, developed over decades of research, in addressing complex and incurable diseases. A 30-year-old patient, suffering from a rare autoimmune condition, Pyomyositis, for 12 years, experienced significant relief after just 30 days of treatment. The protocol not only reduced chronic pain by 50% but also improved the patient's HbA1c levels from 12.1 to 8.9, while discontinuing nearly all conventional medications. This achievement underscores the transformative potential of Neo Ayurveda, which employs a unique prebiotic approach to rejuvenate dysfunctional gut microbes, facilitating the activation of enzymes and targeted nutrient delivery to restore organ function. Dr. Raju's journey in developing this groundbreaking treatment was born out of necessity, as he initially experimented on himself to address rheumatoid arthritis in 1981. Later, he successfully applied his methods to his father, who was on dialysis for acute renal failure in 2008, and his son, who was battling acute myeloid leukemia (AML). These personal challenges and experiments paved the way for the development of Neo Ayurveda a holistic, science-based approach to curing chronic diseases through innovative herbal compounds, precise dietary guidelines, and lifestyle modifications. This case exemplifies the effectiveness of Neo Ayurveda in managing autoimmune diseases, diabetes, and chronic inflammatory conditions, offering a scientifically-backed alternative to conventional medical approaches.

Introduction

Chronic and incurable diseases have long challenged modern medicine, often leaving patients with limited options that focus on symptom management rather than root cause resolution. Conditions such as autoimmune disorders, diabetes, chronic kidney disease (CKD), and other inflammatory diseases demand innovative approaches that go beyond conventional therapies. Neo Ayurveda, pioneered by Dr. SM Raju, represents a revolutionary fusion of ancient Ayurvedic wisdom and modern scientific principles, offering hope for diseases previously deemed untreatable.

Dr. Raju's journey into developing Neo Ayurveda began out of personal necessity and an unrelenting pursuit of cures for chronic diseases. In 1981, he experimented on himself to successfully manage rheumatoid arthritis, demonstrating the potential of his novel approach. This foundation was further strengthened through practical applications on his father, who was on dialysis for acute renal failure in 2008, and his son, who

faceted acute myeloid leukemia (AML) along with allopathic treatments. These deeply personal experiences inspired Dr. Raju to dedicate his life to creating an integrative medical system that could restore health at its core.

Neo Ayurveda is built on the principles of addressing the root causes of diseases by activating dysfunctional gut microbes. This approach stimulates the release of specific enzymes that help isolate and deliver targeted nutrients to nourish undernourished and malfunctioning organs. By combining carefully crafted herbal formulations, precise dietary protocols, and lifestyle interventions such as yoga and pranayama, Neo Ayurveda has successfully demonstrated its potential in managing over 170 chronic diseases. This case study focuses on the transformative effects of Dr. Raju's Neo Ayurveda protocol in treating a 12-year-old patient with Pyomyositis, a rare autoimmune disease. The study explores how this groundbreaking treatment achieved significant improvements in just 30 days, reducing pain, improving blood sugar levels, and restoring quality of

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life. The introduction of Neo Ayurveda marks a new frontier in addressing diseases that conventional medicine has struggled to cure, providing a holistic, science-backed solution for patients worldwide.

Materials and method

Case History: Patient details

- **Age:** 12 years
- **Condition:** Pyomyositis, a rare autoimmune inflammatory disease that causes severe muscle weakness, inflammation, and degeneration.
- **Symptoms:**
 - o Chronic muscle weakness and joint pain persisting for 12 years.
 - o Body pain and fatigue.
 - o Severe diabetic symptoms with an HbA1c of 12.1 and random blood sugar levels averaging 357 mg/dL.
 - o Diabetic neuropathy, leading to numbness and discomfort.
 - o Difficulty performing daily activities due to multiple joint pain.

Previous medical history

The patient had been on a regimen of conventional medications for years, including:

1. **Folitrax 25 mg:** For managing inflammation.
2. **Folvite 5 mg:** To supplement folic acid.
3. **HcQS 200 mg:** A hydroxychloroquine sulphate tablet for autoimmune regulation.
4. **CHS Cal:** For calcium supplementation.
5. **C-d-Serveb 60k (capsules):** For vitamin D supplementation.
6. **Etoglo 60 mg:** A nonsteroidal anti-inflammatory drug.
7. **Panfact DSR:** For managing digestive discomfort.
8. **Diabetic Medications:** For glycaemic control.

Despite these medications, the patient continued to experience worsening symptoms, including uncontrolled blood sugar levels, persistent pain, and progressive joint damage.

Initial assessment before Neo Ayurveda treatment

On May 14, 2024, the patient's pre-treatment evaluation revealed:

- **Random Blood Sugar (RBS):** 357 mg/dL
- **HbA1c:** 12.1
- **Glucose Leakage:** Significant presence detected.
- **Pain Scale:** Persistent, chronic pain rated as severe.

Decision to start Neo Ayurveda treatment

The patient and family decided to pursue Dr. SM Raju's Neo Ayurveda protocol due to its holistic approach and demonstrated success in treating autoimmune and chronic diseases.

Treatment initiation

- **Start Date:** December 19, 2024
- **Protocol Modifications**
 - o All diabetic medications were discontinued from Day 1, except for Folitrax 25 mg and HcQS 200 mg.
 - o All other medications, including vitamin supplements, were stopped to focus on the Neo Ayurveda protocol.

Morning

Step-1 On an Empty Stomach:

- **Ayurvedic Supplements**
 - o **Sugar Care:** To regulate blood sugar levels.
 - o **Cardiovascular Support:** To improve blood circulation and heart health.
 - o **Immune Care:** To modulate and strengthen the immune system.
 - o **Ortho Care:** To reduce inflammation and improve joint health. Mix 15 ml of each supplement together and add 2.5 g (1 teaspoon) of Graviola powder

Prebiotic Supplements

- 2-3 small cloves of garlic (Indian size).
- ½ cm fresh ginger slice.
- ½ teaspoon-soaked fenugreek seeds.

Step-2 Meditation and Pranayama:

- o 20 minutes of meditation.
- o 40 sets of Bhastrika (bellows breathing).
- o 20 sets of Anuloma Viloma (alternate nostril breathing).

Step-1 Banana stem Juice: (if available)

- **100 ml banana stem juice:** To remove calcareous formations in arteries and capillaries.

First Breakfast

- **A glass of Flax Drink:** Containing omega-3 and omega-6 essential fatty acids for cellular metabolic activity and detoxification followed with breakfast
- **Afternoon** - no supplement and lunch as defined

Evening Meal

- **Flax Diet:** Consumed as the main meal to provide essential fatty acids and lignans for cellular detoxification.

Night

On an Empty Stomach:

- **Ayurvedic Supplements:**
 - o Sugar Care.
 - o Cardiovascular Support.
 - o Immune Care.
 - o Ortho Care. Mix 15 ml of each supplement together and add 2.5 g (1 teaspoon) of Graviola powder

Foods to Avoid

Salt

- Restrict total salt intake to no more than 5 grams daily (1 gram per meal using pocket salt).

Oils and Fats

- Avoid all oils, ghee, butter, and fried foods.

Dairy and Milk Products

- Completely avoid milk, cream, cheese, and butter.
- **Exception:** Curd/yogurt (without cream) is allowed in moderation.

Processed and Baked Foods

- Avoid cookies, biscuits, cakes, chips, and other processed foods.

Pulses and Lentils

- Avoid red gram and horse gram.
- Limit green gram, chickpeas, and beans to 5%-10% of the meal, boiled and drained to reduce toxins.

Cereals and Grains

- Limit cereals like rice and wheat to 25%-30% of the meal.
- Avoid coarse grains (e.g., ragi) and minor millets due to high potassium and indigestible proteins.
- Cereals increase creatinine, urea, and uric acid levels and should be consumed minimally.

Sugary Drinks and Alcohol

- Avoid aerated beverages, packaged fruit juices, tender coconut water, and alcohol.

Bananas

- Avoid the fruit due to its high potassium content.
- Banana stem juice is medicinal and allowed.

Non-Vegetarian Foods

- Avoid mutton, beef, pork, and skinned chicken.

High-Carbohydrate Foods

- Minimize chapati, rice, or roti intake as excess carbohydrates raise blood sugar levels.

Foods to Include (Medicinal Foods)**Salt**

- o Use 1 gram pocket salt per meal.

Prebiotics (Morning on an Empty Stomach)

- o 2-3 small cloves of garlic (Indian size).
- o 1-inch slice of fresh ginger.
- o 1 teaspoon of soaked or sprouted fenugreek seeds.

Banana Stem Juice

- o 50-60 ml, twice daily (morning and evening).
- o Helps remove calcareous formations in arteries and capillaries.
- o **Note:** Monitor potassium levels during consumption.

Leached Raw Vegetable Juice

- o 50-60 ml, twice daily (morning and evening).
- o Supports cholesterol regulation, blood thinning, and gastric health.

Leached Vegetable Salad

- o Consume in limited quantities while monitoring potassium levels.
- o Vegetables should be leached (boiled, drained, and rinsed).

Fruits

- o Consume fruits and berries in moderation while observing potassium levels.
- o Avoid bananas due to high potassium.

Flax Drink

- Consume twice daily (morning and evening) with edemax powder.
- Rich in omega-3 and omega-6 essential fatty acids and lignans for cellular detoxification and metabolic activity.

Cooked Vegetables

- o Include leafy greens cooked with 5%-10% pulses and drained water.
- o Leafy vegetables are rich in calcium, fiber, and easily digestible proteins.
- o Use spices for flavor without adding salt during cooking.

Pulses

- o Use green gram, chickpeas, or beans in meals, limited to 5%-10% of the total food volume.

Cereals

- Limit rice, wheat, and jowar to 25%-30% of the meal.
- Avoid coarse grains like ragi and minor millets.

Fish

- Up to 15%-20% baked fish with herbs can be consumed to support kidney and organ regeneration.

Chicken

- Baked chicken (skin removed) can be consumed, but it should not exceed 5% of the meal.

Mushrooms

- Up to 15%-20% baked mushrooms with herbs can be consumed for their regenerative properties.

Spice Drink

- A herbal spice drink can be included to alleviate allergies, fever, cold, and cough.

Cooked Leafy Vegetables

- Ensure more than 60% of the meal comprises leached and cooked leafy vegetables for their high calcium, fiber, and digestible protein content.

General Notes on Preparation

1. Vegetables, leafy greens, and pulses should be leached (boiled and drained) to remove excess potassium.
2. Meals should be cooked without salt, and salt should only be added individually at the table.
3. Avoid mixing water into flax drinks or vegetable juices to maintain nutritional integrity.

Results

After following Dr. SM Raju's Neo Ayurveda treatment protocol for 30 days, the 12-year-old patient diagnosed with Pyomyositis, diabetes, and chronic inflammatory conditions showed remarkable improvements:

Pain Reduction

- **Overall Pain:** Chronic body pain that had persisted for 12 years reduced by **50%**.
- **Joint Pain:** Significant improvement in mobility and reduction in joint discomfort.

Diabetes Management

- **HbA1c:** Reduced from 12.1 to 8.9, indicating a significant improvement in long-term blood sugar control.
- **Random Blood Sugar:** Dropped from an average of 357 mg/dL to 208.73 mg/dL.

- **Fasting Blood Sugar:** Reduced to 86 mg/dL from previously elevated levels.
- **Post-Prandial Blood Sugar:** Reduced to 119 mg/dL, showing better post-meal glucose control.
- **Glucose Leakage:** Completely eliminated, as indicated by urinalysis.

Energy and quality of life

- Increased energy levels and reduced fatigue.
- Improved ability to perform daily activities without discomfort.
- Enhanced mental clarity and reduced neuropathic symptoms.

Discontinuation of conventional medications:

- Successfully stopped all diabetic medications from Day 1 of treatment, except for Folic acid 25 mg and HcQS 200 mg.
- The patient experienced no adverse effects from discontinuing other medications.

Other health indicators

- Improved gut health and digestion, as evidenced by reduced bloating and gastric discomfort.
- Significant reduction in systemic inflammation, contributing to overall wellness.
- Regeneration of gut microbes and improved nutrient absorption.

Summary of Key Metrics

Metric	Before Treatment	After Treatment (30 Days)
HbA1c	12.1	8.9
Random Blood Sugar	357 mg/dL	208.73 mg/dL
Fasting Blood Sugar	Elevated	86 mg/dL
Post-Prandial Blood Sugar	Elevated	119 mg/dL
Pain Scale	Severe	50% Reduction
Glucose Leakage	Present	None

Discussion

This case study highlights the significant potential of Dr. SM Raju’s Neo Ayurveda treatment protocol in managing chronic and autoimmune diseases, such as Pyomyositis, diabetes, and related inflammatory conditions. The remarkable improvements observed in just 30 days of treatment provide a foundation for discussing the underlying mechanisms, benefits, and broader implications of this approach.

Addressing the root cause of disease

Neo Ayurveda’s core principle is to target the root cause of disease by restoring the functionality of dysfunctional gut microbes. By stimulating these microbes with prebiotic-rich supplements and a controlled diet, the treatment triggers the release of specific enzymes to act as a catalyst for releasing the targeted nutrients to nourish undernourished organs. **This is a significant advancement over conventional medical approaches, which often focus on symptom management rather than addressing the underlying causes.**

In this case, the treatment protocol successfully rejuvenated gut health, improved nutrient absorption, and facilitated the healing of multiple systems, as evidenced by reduced blood sugar levels, decreased inflammation, and improved organ function.

Integration of prebiotic and dietary strategies

The treatment protocol emphasizes a prebiotic approach using natural ingredients like garlic, ginger, and fenugreek seeds. These act as catalysts for gut microbiota activation, enhancing the digestive system’s ability to process nutrients effectively. Additionally, the inclusion of banana stem juice and leached vegetable juices supports detoxification and promotes blood circulation at the microcapillary level.

This dietary strategy was instrumental in achieving:

- HbA1c reduction from 12.1 to 8.9, a notable improvement in long-term glycaemic control.
- Elimination of glucose leakage, indicating restored kidney and metabolic function.
- Enhanced muscle recovery and reduction in inflammation, which alleviated chronic pain and joint stiffness

Pain, Relief and Information

The patient experienced a 50% reduction in pain after 12 years of chronic suffering. This improvement can be attributed to:

- The anti-inflammatory properties of Ayurvedic supplements, such as Ortho Care and Immune Care.
- Omega-3 and omega-6 fatty acids from the flax drink, which play a critical role in cellular repair and reducing systemic inflammation.
- Dietary restrictions on inflammatory foods (e.g., processed foods, high-sodium diets) and inclusion of nutrient-dense options like leafy vegetables and leached salads.

This holistic combination provided sustained relief without the adverse effects often associated with prolonged use of conventional pain medications.

Diabetes Management without Medication

One of the most significant outcomes of this case was the ability to discontinue all diabetic medications from Day 1 of treatment. Despite this, the patient demonstrated:

- A dramatic reduction in random blood sugar levels from 357 mg/dL to 208.73 mg/dL.
- Normalized fasting and post-prandial glucose levels.
- Substantial improvement in HbA1c, indicating better long-term glycaemic control.

These results emphasize the potential of Neo Ayurveda to provide an effective, natural alternative to conventional diabetes management, reducing dependence on medications while addressing the disease’s root cause.

The role of lifestyle interventions

The inclusion of pranayama and meditation played a pivotal role in supporting the patient’s recovery. These practices are known to:

- Reduce stress levels, which are a contributing factor in autoimmune and inflammatory diseases.
- Enhance oxygenation and circulation, aiding in muscle recovery and organ rejuvenation.

- Complement the dietary and supplementation protocols by promoting holistic well-being.

Potential Broader Application

While this case focuses on Pyomyositis and diabetes, the principles of Neo Ayurveda have broader implications for treating other chronic and autoimmune diseases. By addressing systemic dysfunction and providing targeted nutritional support, the protocol can potentially be applied to conditions such as:

- Chronic kidney disease (CKD)
- Rheumatoid arthritis
- Lupus and other autoimmune disorders
- Cardiovascular diseases
- Pancreatitis

Limitations and Future Considerations: Although the results of this case are promising, several considerations need to be addressed:

- **Long-Term Efficacy:** The patient's sustained improvement over time needs to be monitored to validate the long-term benefits of Neo Ayurveda.
- **Clinical Studies:** Rigorous, controlled clinical trials are essential to establish the scientific validity and reproducibility of these outcomes on a larger scale.

Analysis

This case study provides a comprehensive analysis of the significant improvements observed in a 12-year-old patient with Pyomyositis, diabetes, and associated chronic inflammatory symptoms after implementing Dr. SM Raju's Neo Ayurveda protocol. The results highlight the effectiveness of a holistic treatment approach that integrates prebiotics, dietary modifications, Ayurvedic supplementation, and lifestyle interventions. Below is a detailed analysis based on the findings

Clinical Efficacy of Neo Ayurveda: The patient's measurable improvements over 30 days indicate the efficacy of the Neo Ayurveda protocol. Key clinical outcomes include:

- **Glycaemic Control**
 - o HbA1c reduced from **12.1 to 8.9**, demonstrating improved blood sugar management without conventional diabetic medications.
 - o Random blood sugar levels dropped from **357 mg/dL to 208.73 mg/dL**, indicating enhanced metabolic stability.
 - o Fasting blood sugar normalized to **86 mg/dL**, and post-prandial sugar levels stabilized at **119 mg/dL**, both reflecting well-regulated glucose metabolism.
- **Pain and Inflammation Reduction:**
 - o A **50% reduction in chronic pain** was observed, marking a significant improvement in quality of life after 12 years of suffering.
 - o Decreased inflammation likely contributed to improved joint mobility and reduced neuropathic symptoms.

Pre-biotic and Dietary Intervention: The cornerstone of the treatment protocol is the activation of dysfunctional gut microbes through prebiotic supplementation and controlled dietary practices. Key findings include:

- **Gut Microbe Activation**
 - o Garlic, ginger, and fenugreek seeds acted as prebiotic agents, promoting the growth of beneficial microbes that

enhance nutrient absorption and enzyme activity.

- o This led to the targeted nourishment of undernourished organs, addressing the root cause of systemic dysfunction.

- **Nutritional Support**

- o The use of banana stem juice, leached vegetable juices, and flax drinks provided essential nutrients while promoting detoxification and reducing metabolic load.
- o The restriction of high-potassium foods (e.g., bananas, certain cereals) and inflammatory foods (e.g., processed foods, oils) minimized systemic stress, aiding recovery.

Discontinuation of Conventional Medications: The patient successfully discontinued nearly all conventional medications, including diabetic drugs, from Day 1 of the protocol. Despite this:

- Blood sugar levels improved significantly, indicating that the protocol effectively replaced the need for medication through natural regulation of glucose metabolism.
- The continued use of only **Folitrax 25 mg** and **HcQS 200 mg** helped manage autoimmune activity without compromising the efficacy of the Neo Ayurveda protocol.

Mechanisms of Action: The observed results can be attributed to several mechanisms inherent in Neo Ayurveda's approach:

Targeted Nutrient Delivery

- o Activation of dysfunctional gut microbes allowed for the isolation and delivery of specific nutrients to undernourished organs, facilitating cellular repair and regeneration.

Detoxification

- o The protocol emphasized detoxifying the body through dietary interventions, reducing toxic load on organs such as the liver, kidneys, and pancreas.

Systemic Inflammation Reduction

- o Herbal supplements like Ortho Care and Immune Care provided anti-inflammatory effects, reducing joint pain, muscle inflammation, and systemic autoimmune activity.

Holistic Healing

- o Integration of pranayama and meditation reduced stress, enhanced oxygenation, and promoted overall well-being.

Comparison to Conventional Approaches: Compared to conventional treatments, Neo Ayurveda offers a distinct advantage by addressing the root cause of disease rather than merely managing symptoms:

- **Conventional Medicine:**

- o Relies heavily on medication, which often leads to side effects and long-term dependency.
- o Focuses on symptom suppression without addressing underlying dysfunction.

- **Neo Ayurveda**

- o Utilizes natural, prebiotic-based therapies to activate the body's self-healing mechanisms.
- o Provides holistic care, combining diet, herbal supplements, and lifestyle changes to promote sustainable health improvements.

Limitations and Considerations: While the results are promising, certain limitations must be acknowledged:

- **Short-Term Study**
 - The outcomes observed over 30 days are significant but require long-term follow-up to validate sustained efficacy.
- **Individual Variability**
 - Results may vary depending on the patient's baseline health, adherence to the protocol, and genetic factors.
- **Broader Application**
 - The protocol's effectiveness in larger, more diverse populations needs further study to confirm its scalability and reproducibility.

Key Metrics of Improvement

Parameter	Before Treatment	After Treatment (30 Days)
HbA1c	12.1	8.9
Random Blood Sugar	357 mg/dL	208.73 mg/dL
Fasting Blood Sugar	Elevated	86 mg/dL
Post-Prandial Sugar	Elevated	119 mg/dL
Pain Reduction	Severe	50% reduction

Implications and Future Directions: The results of this case study highlight the potential of Neo Ayurveda as a transformative approach for managing autoimmune and chronic diseases. Future considerations include:

- **Clinical Trials**
 - Rigorous trials with larger sample sizes to establish statistical significance and reproducibility of results.
- **Scalability**
 - Developing standardized treatment protocols for broader application across diverse patient populations.
- **Long-Term Monitoring**
 - Tracking patient outcomes over extended periods to assess sustainability and prevent recurrence.

Conclusion

This case study illustrates the profound efficacy of Dr. SM Raju's Neo Ayurveda treatment protocol in managing a rare and chronic autoimmune disease like Pyomyositis, along with diabetes and associated inflammatory conditions. Over the course of 30 days, the patient exhibited significant improvements, including a 50% reduction in chronic pain, normalization of blood sugar levels, and a substantial decrease in HbA1c from 12.1 to 8.9, all achieved without reliance on conventional diabetic medications.

The results emphasize the potential of Neo Ayurveda's holistic approach, which integrates probiotic-based therapies, precise dietary interventions, and herbal supplements to address the root causes of chronic diseases. By activating gut microbes and enhancing nutrient delivery to dysfunctional organs, the protocol facilitates cellular detoxification, systemic healing, and sustainable health improvements.

This case underscores the transformative impact of combining ancient Ayurvedic wisdom with modern scientific principles. It demonstrates that Neo Ayurveda not only offers an effective alternative to conventional treatments but also addresses the limitations of symptom-focused care by promoting comprehensive, long-term healing. While the short-term results are promising, further research, clinical trials, and long-term monitoring are necessary to establish the scalability and reproducibility of this innovative approach.

Neo Ayurveda holds the potential to redefine the management of chronic and autoimmune diseases, offering hope to patients worldwide who have limited options within conventional medical frameworks.

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