

Close  
the care  
gap



Together we stand strong against cancer



“The Ray of Light never questions the magnitude of darkness before vanquishing it; it has a mission and that is to remove the darkness, stay and carry on with its path unperturbed; similarly the Ancient Ayurveda based Nutrient Energy Treatment enkindles Hope for Cancer patients irrespective of their Cancer type”

**Prof. Shiva Shankar Trivedi**

Founder Scientist, D. S. Research Centre.  
From the book, “**Cancer Is Curable Now**”



Cancer is the second leading cause of death worldwide.

## Together, we can change it

While we live in a time of awe-inspiring advancements in cancer prevention, diagnosis and treatment, many of us who seek cancer care hit barriers at every turn. Income, education, geographical location and discrimination based on ethnicity, gender, sexual orientation, age, disability and lifestyle are just a few of the factors that can negatively affect care. This year's World Cancer

Day's theme, **"Close the Care Gap"**, is all about uniting our voices and taking action. We build stronger alliances and innovative new collaborations and celebrate real-world progress in its many forms. Join us on 4 February to speak out and stand up for a world less burdened by cancer.

**#CloseTheCareGap**  
**#WorldCancerDay.**

# DID YOU KNOW?



India had an estimated **1.16 million new cancer cases** in 2018, according to a report by the **World Health Organization (WHO)**, which said that one in **10 Indians** will develop cancer during their lifetime and one in **15 will die** of the disease. The World Cancer Report said that according to the estimated cancer burden in India in 2018, there are about **1.16 million new cancer cases, 784,800**

**cancer deaths**, and **2.26 million 5-year prevalent cases in India's** population of 1.35 billion. The most common types of cancer in men are **lung, prostate, stomach, colorectal**, and **liver cancer** while among the **women breast lung, cervical, colorectal**, and **thyroid cancer** are the most common.

# Facts about cancer awareness



## Preventable cancer statistics

Experts believe that In India, preventable factors account for 70% of cancers out of which 40% are tobacco-related, 20% infection-related and 10% are due to other factors.

## Women and cancer in India

In India, one woman dies of cervical cancer every 8 minutes. For every 2 women newly diagnosed with breast cancer, one woman dies of it in India.

## High death rates

Almost 50% of cancers are detected at late stages in India due to lack of awareness, illiteracy, fear and taboos.

## Cancer claiming lives

According to WHO, in 2018, cancer claimed approx 9.6 million lives in the world and India's share was around 8.17%

## Tobacco increases cancer risk

According to the Lancet report about cancer, India is the second biggest killer after heart disease, which states that the use of tobacco is a risk factor for 14 types of cancer.

# Fact check

**Myth:** Cancer is contagious

**Fact:** It is not contagious. However, some cancers are caused by virus and bacteria that can be spread from person to person. Human Papillomavirus (HPV) has been known to cause cervical, anal, and some kinds of head and neck cancers. Hepatitis B and Hepatitis C are viruses that increase the risk of developing liver cancer.

**Myth:** If you have a family history of cancer, you will get it too.

**Fact:** Having a family history of cancer increases the risk of developing the disease, it is not a complete prediction of your future health. An estimated 4 out of 10 cancers can be prevented by making simple lifestyle changes, such as forming healthy eating habits, maintaining a healthy weight, exercising, limiting alcoholic beverages, and avoiding tobacco products.

**Myth:** Cancer thrives on sugar

**Fact:** There is no conclusive evidence that proves eating sugar will make cancer grow and spread more quickly. All cells in the body, both healthy cells and cancer cells, depend on sugar to grow and function. However, eating sugar won't speed up the

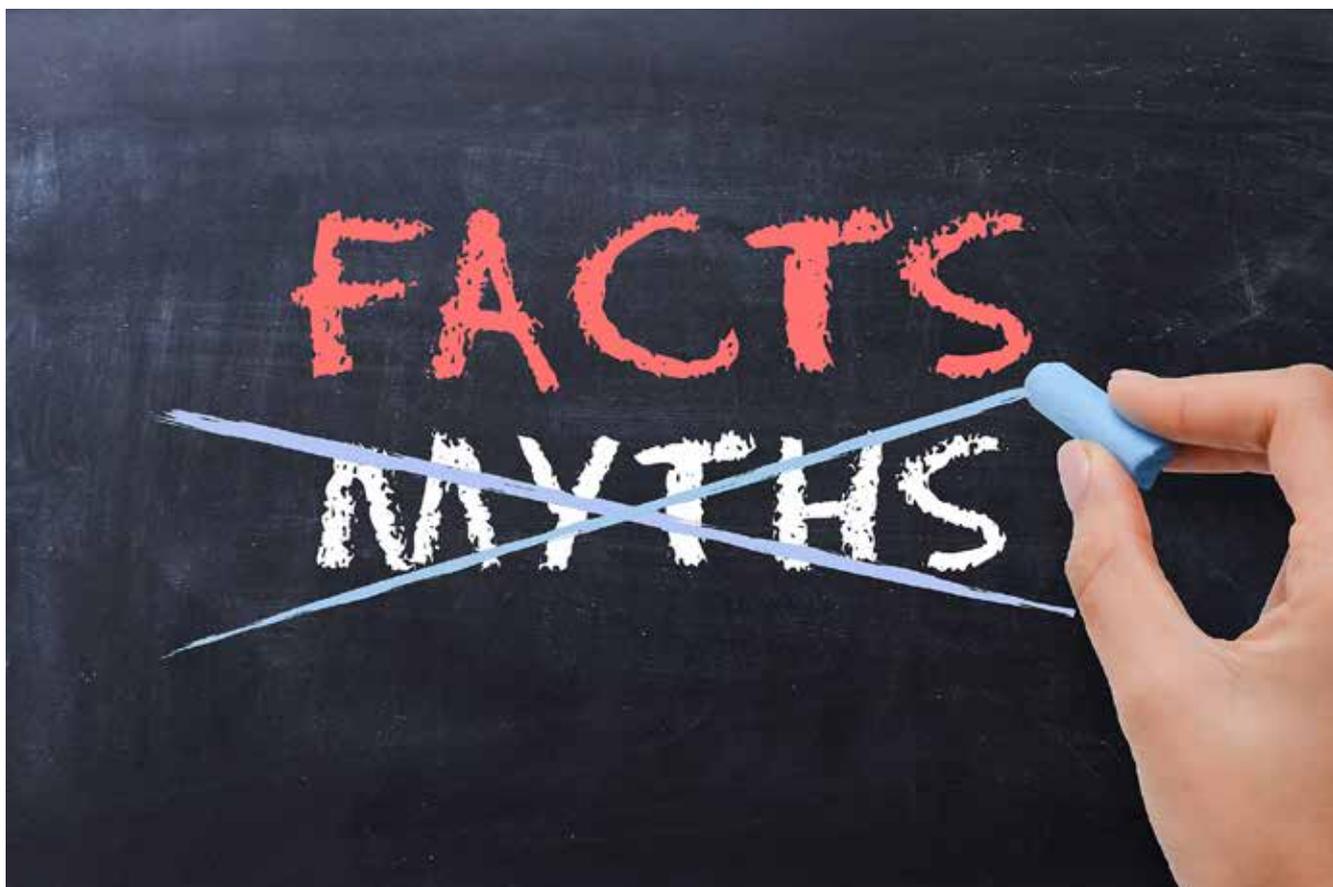
growth of cancer, just as cutting out sugar completely won't slow down its growth.

**Myth:** It is easier to remain unaware you have cancer.

**Fact:** You should not ignore the symptoms or signs of cancer such as a breast lump or an abnormal-looking mole. Although the thought of having cancer is frightening, talking with your doctor and getting a diagnosis will give you the power to make informed choices and seek the best possible care. Because treatment is usually more effective during the early stages of cancer, an early diagnosis often improves a person's chances of survival.

**Myth:** Cancer treatment is usually worse than the disease.

**Fact:** Although cancer treatments, such as chemotherapy and radiation therapy, can cause unpleasant and sometimes serious side effects, recent advances have resulted in many drugs and radiation treatments that are much better tolerated than in the past. As a result, symptoms like severe nausea and vomiting, hair loss, and tissue damage are much less common.

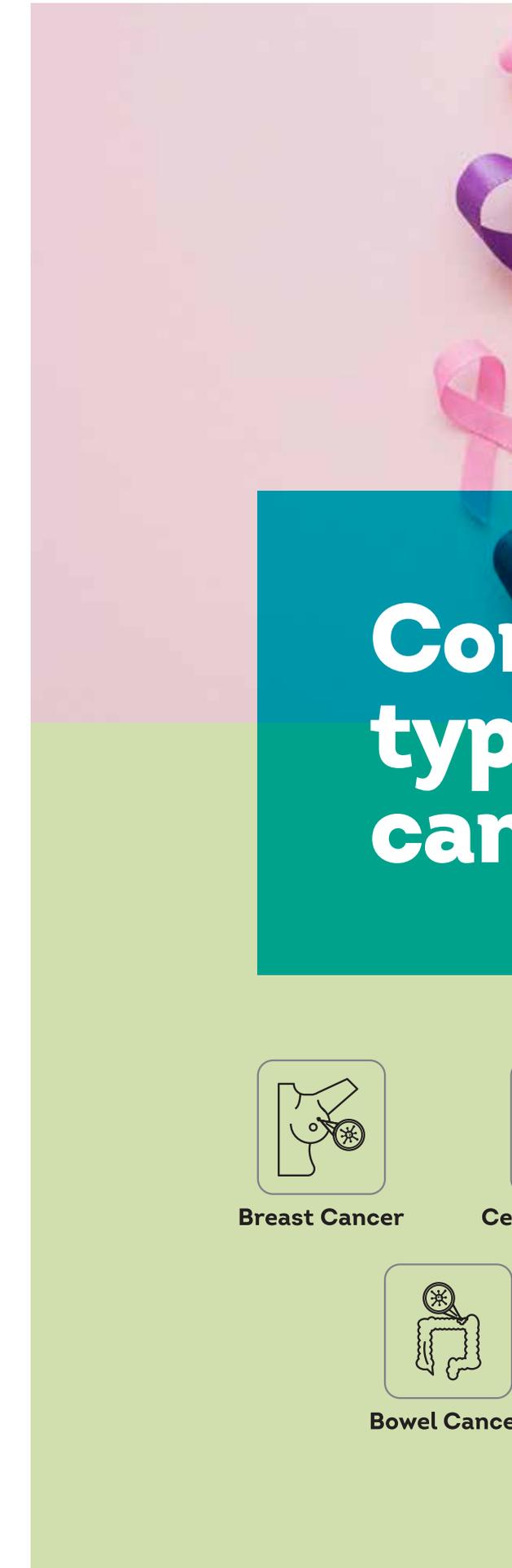




# Signs and symptoms of cancer

With so many different types of cancers, the symptoms are varied and depend on where the disease is located. However, there are some key signs and symptoms to look out for, including:

- **Unusual lumps or swelling** – cancerous lumps are often painless and may increase in size as the cancer progresses
- **Coughing, breathlessness or difficulty swallowing** – be aware of persistent coughing episodes, breathlessness or difficulty swallowing
- **Changes in bowel habit** – such as constipation and diarrhea and/or blood found in the stools
- **Unexpected bleeding** – includes bleeding from the vagina, anal passage, or blood found in stools, in urine or when coughing
- **Unexplained weight loss** – a large amount of unexplained and unintentional weight loss over a short period of time (a couple of months)
- **Fatigue** – which shows itself as extreme tiredness and a severe lack of energy. If fatigue is due to cancer, individuals normally also have other symptoms
- **Pain or ache** – includes unexplained or ongoing pain, or pain that comes and goes
- **New mole or changes to a mole** – look for changes in size, shape, or color and if it becomes crusty or bleeds or oozes
- **Complications with urinating** – includes needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain while urinating
- **Unusual breast changes** – look for changes in size, shape or feel, skin changes and pain
- **Appetite loss** – feeling less hungry than usual for a prolonged period of time
- **A sore or ulcer that won't heal** – including a spot, sore wound or mouth ulcer
- **Heartburn or indigestion** – persistent or painful heartburn or indigestion
- **Heavy night sweats** – be aware of very heavy, drenching night sweats



# Common types of cancer



**Breast Cancer**



**Cervical Cancer**



**Prostate Cancer**



**Bowel Cancer**



**Lung Cancer**



# Breast Cancer

## What is breast cancer?

Breast cancer is a type of cancer that starts in the breast. It can start in one or both breasts. However it needs to be noted that most breast lumps are benign, that is, non-cancerous.

## Reach out when

- You feel or see a lump in either of your breasts
- you notice a visible change in your breast size or shape
- you observe bloodstained discharge from nipple/s
- you perceive a lump or swelling in your underarms

- you observe a dimpling on the skin of your breasts or a rash on or around your nipples

## Screen to Stall

- Mammogram is a test process that can detect cancer at a very early stage
- Women between the age group of 50 and 70 need to go for screening once in every 3 years
- Early detection in breast cancer is a proven life saving factor
- When it comes to breast cancer, being watchful about the benign changes becomes worthwhile



# Cervical Cancer

## What is cervical cancer?

Cervical cancer is cancer that starts in the cells of the cervix. The cervix is the lower, narrow end of the uterus (womb).

## Raise your guard when

- you notice blood from your vagina after intercourse
- You feel pain and discomfort during intercourse
- You bleed in between your menstruation cycles
- If you bleed after the menopause

## Concerns

- However, there are lots of other reasons that cause bleeding from vagina

- People don't always notice the signs of cervical cancer. Some people have
- No signs at all until they are very ill. Hence, it is imperative to consult a doctor whenever one comes across with unusual vaginal bleeding

## Screening

All women must go for cervical screening:

- once in every 3 years if they are 25 to 49 years old
- once in every 5 years if they are 50 to 64 years old

Being screened often means any changes in the cells of the cervix that are not normal can be found and treated to stop cancer developing.



# Prostate Cancer

## What is prostate cancer?

It starts when cells in the prostate gland situated between penis and bladder start to grow out of control. This gland is found only in males.

## Be concerned when

- The need of urinating at night escalates
- Urination becomes a difficult or time consuming process
- When holding urine becomes a struggle

- When an uncomfortable feeling persists even after urination

## Screening

- It is not known exactly what causes prostate cancer, but males over 50 years of age are likely to get it. Overweight and sedentary lifestyle can lead to prostate cancer. Hence, to be on safe side it is imperative to consult a medical practitioner when any of the above-mentioned symptoms occurs.



# Bowel Cancer

## What is bowel cancer?

Bowel cancer is a general term for cancer that begins in the large intestine. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

## The chances of bowel cancer gets higher if

- The condition of getting blood in your stools persists
- There is a persistent change in your bowel habit – which usually means going more often, with looser stools

- Persistent lower abdominal pain, bloating or discomfort and vomiting
- loss of appetite or significant unintentional weight loss
- A lump in the anus or rectum
- Change in urine colour – dark, rusty or brown

If these problems persist more than 3 weeks, one must immediately consult a doctor for cancer screening.



# Lung Cancer

## What is lung cancer?

Lung cancer begins in the lungs and may spread to lymph nodes or other organs in the body, such as the brain. Cancer from other organs also may spread to the lungs.

## Signs of lung cancer

- A cough that does not go away after three weeks
- A gradual deterioration of coughing condition
- Recurrent chest infection
- Coughing up blood
- A sense of throat ache or pain while coughing or breathing

- Feeling of breathlessness

Besides all the symptoms mentioned-above when a person loses appetite and feels extremely exhausted, the individual must consult a physician immediately for cancer screening.

## The persons who are more prone to lung cancer

- People within the age group of 70 to 74 are more likely to get infected with lung cancer
- A non-smoking person can get a lung cancer but 85 % of the lung cancer patients bears a history of smoking



## Importance of screening in cancer treatment

Screening tests can help find cancer at an early stage, before symptoms appear. Early detection of cancer put patients into more advantageous positions in their respective fights against cancer. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure. It

is important to remember that when your doctor suggests a screening test, it does not always mean he or she thinks you have cancer. Screening tests are also done when you have no cancer symptoms. The main objective of the test is to detect cancer before the appearances of symptoms. In cases of common cancers, screening decreases the chance of dying from cancer.



# Cancer fighting foods

**Dr.Sankar KumarNath**, MBBS, DRT (consultant, oncologist)

*Dr. Nath is one of the finest Radio-Oncologists of India, possessing immense experience. An ardent writer on popular science in different journals.*

The World Health Organization states that approximately one- third of all cancer deaths may be related to 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 food 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 anticancer agent which can prevent gastrointestinal cancer. 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 cells from transforming into cancerous ones. Soybean contains phytoestrogens 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 cancer.

# Plants' energy and cancer



Ayurveda science provides us with a plethora of knowledge on the aspects of life in general and disharmony leads to disease including prevention and treatment. To be abreast with knowledge on Ayurveda one has to be master minded in respect to sarira vijnan (psycho-somatic body), bhesajya 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, diabetes, cardio-vascular disorders and cancer are important to affect the Indian community.

Body influences at the multidimensional level to be in health are humoral (tridosha-tridathu three types), tissue (seven dhatus), system channels (thirteen types srotas), metabolic (agni), excretory, psyche and conscious. If any imbalance takes place, the body in its own language speaks about somatic status through symptoms symbolically. If we can decode the message we can come to a greater understanding about the person experiencing

imbalances. When the ongoing process of energy 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 and 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 that are charged with antioxidant 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 shifts from plants are very important.

# Ancient ayurveda & cancer treatment

Cancer has destroyed many lives. More importantly, it has destroyed entire families of its victims. It has left never to heal scars on the minds of every cancer patient for ages . It is the most fearsome terrorist that can strike anyone any time of any cast or creed or religion or race . The best treatment that the world knows of is by killing the cancer- our cells just like the world today kills every terrorist it finds everywhere . But does that stop terrorism , and can that stop cancer ! just makes the cells that survive more resilient to produce more die hard terrorists who come back with greater threat and vengeance . Terror have never been the solution for terror. That is what Indian civilization had believed millennia before us. And that is what we have achieved through 65

years of research by re - inventing the therapy that stops the root cause of cancer by not attacking the cancer cells but treating the root of cancer from them . Visit us at <https://dsresearchcentre.com> to find out how we are Conquering Cancer through Ancient Ayurveda based Nutrient Energy Treatment.

**"The Buddha once said, "Enmity never comes to cease through enmity. Enmity only ever comes to cease through non-enmity. This is a timeless truth."**





Many cancer patients find comfort and inspiration through the words and experiences of others. Connecting with other patients and sharing experiences can make a difference in your mental health during and after treatment.

Read the journey of cancer patients and survivors about treatment and not losing hope.

## Survivors' Success Stories

### **Master Gaurav Awasthi**

Ghaziabad, Uttar Pradesh, India

Type of Cancer: ***Acute Lymphocytic Leukaemia***  
Under Treatment at DSRC - 1987-1990

Master Gaurav Awasthi was only 5 years old when the dreaded Cancer got hold of him. It was a bolt from the blue for his family and they felt it was really hard to deal with. The conventional investigation and treatment started in a renowned hospital of Delhi but the result was far from satisfactory. Then they came to DSRC and the treatment began. As advised by DSRC, a blood test was administered to determine the effect of maintenance therapy upon patient's fluctuating health severely affected by the disease. With Nutrient Energy Medicine administered, positive effects were evident in the patient's overall health condition. After 26 months of consecutive Nutrient Energy Treatment along with maintenance therapy, biopsy report of the testicle and abdominal investigation showed normal activities.

***Now, Mr. Gaurav Awasthi has been leading a normal and healthy life for 21 Years.***

### **Mr. Ram Shankar Verma**

Bharthana, Etawah, Uttar Pradesh

Type of Cancer: **CA Gallbladder**

Under Treatment at DSRC - 1995-1997

Shri Ram Shankar Verma's case has been a rare case of recovery from one of the most life taking forms of cancer, Metastasis Liver. One day suddenly he felt an acute pain in his stomach. Ultrasound investigations diagnosed gall bladder stone. Operation was advised. When he went to Agra for an operation the surgeon suspected cancer and the CT scan reports confirmed cancer in the liver and the gallbladder. He bestowed his hope and trust upon DSRC for recovery. After studying Shri Verma's reports, Ancient Ayurveda based Nutrient Energy Treatment was prescribed by Ayurvedacharyas of DSRC. In two months time, he could resume eating all those that were banned for him. After thirteen months of taking the medicine his abdominal and other health related problems just got vanished and in a letter addressed to DSRC, he wrote "I am confident that I will live..."

***Since then, he is living a normal and healthy life without even a trace of the disease.***

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### **Mrs. Annapurna Maheswari**

Motiganj, Bharthana, Uttar Pradesh

Type of Cancer: **CA Liver**

Under Treatment at DSRC - 1993-1994

Cancer doesn't ring a bell before coming. 68 years old Mrs. Annapurna Maheswari lost all interest in fighting Cancer when she came to know about it. Her heydays of spending quality time with family, especially the grandchildren suddenly came to an end when a sonography report showed that she is suffering from malignancy gallbladder with secondary liver. But her family thought differently and the treatment began. Just after 6 weeks of Nutrient Energy Medication administered, there was immense improvement in appetite, sleep and general health. She took a total 80 weeks of dosages of the medicine and defeating cancer was just a matter of time. Investigation showed everything as normal, rather functioning perfectly.

***Now, Mrs. Annapurna Maheswari is leading a Normal and Healthy life for 17 Years, playing with her grandchildren.***

### **Mrs. Sharda Devi**

Gar Road, Meerut, Uttar Pradesh

Type of Cancer: **Ca Gallbladder**

Under Treatment at DSRC - 1996-1998

The general feeling about cancer among the mass is 'it's incurable and it means certain death'. But it's far from true. Mrs. Sharda Devi got afflicted with cancer at the age of 58. Cytology from gallbladder mass indicated Papillo Adeno-Carcinoma of gallbladder. The misery and the pain caused by the disease were unbearable to endure. In this crisis situation, where her life was hanging by a thin thread called hope, she proved to be stronger than the dreadful disease. Her family brought her to DSRC and treatment commenced immediately. Within just 15 days, the general ailment symptoms like chronic fever and headache vanished. She regained her appetite soon. After 3 months, everything was looking better than ever. Diagnostic report confirmed that the tumor in the gallbladder was gone and she gained 17 kilos, baffling everyone. USG done 14 months after the treatment started showed liver, pancreas, spleen and kidney in perfect shape. With 21 months of Nutrient Energy Medication she emerged victorious against cancer.

***Now, she has been living a normal and healthy life for 15 years.***

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### **Master Paramdeep Singh Bhatiya**

Pipaliya Road, Indore, Madhya Pradesh

Type of Cancer: **Acute Lymphocytic**

**Leukaemia**

Under Treatment at DSRC - 1999-2001

Some cases appear regarding cancer which shakes us to the core and we start to think 'What's actually happening with this world!' Such a case is Master Paramdeep Singh Bhatiya's. The brutal cancer attacked him when he was only 2 years old. It caused as much pain for him as for his family.

After Acute Lymphocytic Leukaemia got detected by Bone Marrow Aspiration, his family didn't waste a valuable moment and came to DSRC for little Paramdeep's treatment. Nutrient Energy Medication started right away. Within one year of consecutive medicine dosages, all the blood reports started showing good improvement. After 2 years of successful Nutrient Energy Treatment, for his family, cancer started to seem like just a distant memory of a nightmare from the past.

***Now Master Paramdeep is living a happy and healthy life for 10 years.***



LET US SAVE OUR WORLD FROM CANCER

An "ISO 9001:2015" Organization

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Bengaluru | Guwahati | Hyderabad | Kolkata | Mumbai | Varanasi

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