

# Liver Cancer Recovery through Neo Ayurveda in 3 Months: A Case Study on the Effectiveness of Dr. SM Raju's Standardized Treatment Protocol without Allopathic Medication

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## Abstract

This study explores the potential of the Neo Ayurveda protocol, developed by Dr. S.M. Raju, in the treatment of liver dysfunction and post-cancer recovery. A 54-year-old female patient, previously treated for breast cancer (2019–2020), developed symptoms of liver dysfunction, including elevated liver enzymes and the presence of lesions, as detected by blood tests, ultrasound, and MRI in January 2023. Given her prior negative experience with chemotherapy and radiation, she opted for an alternative treatment approach through Neo Ayurveda, which integrates Ayurvedic principles with modern scientific methods, including the use of an uncooked diet ("monkey diet"), herbal supplements, and gut health optimization via prebiotics and probiotics.

The patient's liver enzyme levels (SGOT, SGPT, Gamma GT, and Alkaline Phosphate) were monitored over the course of treatment, showing a significant reduction from elevated levels in January 2023 to normal or near-normal levels by March 2023. Specifically, SGOT reduced from 211 to 19, SGPT from 364.11 to 21, Gamma GT from 589 to 26, and Alkaline Phosphate from 310 to 108. This dramatic improvement suggests that Neo Ayurveda may play a crucial role in supporting liver recovery and overall health regeneration, even in cases of potential metastatic cancer recurrence and liver dysfunction.

The underlying mechanisms of the treatment are based on the principles of detoxification, cellular regeneration, and activation of heat shock proteins (HSP60), which are responsible for proper protein folding and organ repair. The treatment also emphasizes the importance of maintaining an alkaline body environment to support optimal organ function and prevent further disease progression.

This case study provides promising evidence for the efficacy of the Neo Ayurveda protocol in treating liver disorders and post-cancer complications, offering an alternative approach to traditional medical treatments. Further research is necessary to explore the full scope of Neo Ayurveda's potential in the management of liver diseases, cancer recovery, and other chronic conditions.

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## Introduction

The patient is a 54-year-old female who was diagnosed with breast cancer in 2019–2020 and was successfully treated with allopathic therapies, including chemotherapy and radiation. However, in December 2022, she began experiencing abdominal pain, back pain, lack of appetite, and general uneasiness. Blood tests performed on January 3, 2023, revealed significantly elevated liver enzymes: SGOT (211), SGPT (364), Gamma GT (589), and Alkaline Phosphatase (310). An ultrasound showed Grade 1 Fatty Liver, and an MRI on January 5, 2023, indicated a mildly enlarged liver (17 cm) with tiny lesions and focal lesions, suggesting potential metastatic activity.

Doctors advised further evaluations for metastatic lesions and potential cancer recurrence.

The patient, having faced the severe side effects of chemotherapy and radiation during her previous cancer treatment, opted not to pursue further allopathic interventions. Instead, she chose an alternative treatment through Neo Ayurveda and Miracle Drinks, a protocol developed by Dr. S.M. Raju, starting in the first week of January 2023. The treatment involved an uncooked diet, sometimes referred to as the "monkey diet," which is rich in detoxifying properties.

## Materials and Methods

### Case Report:

The patient, a 54-year-old female, had a history of breast cancer diagnosed in 2019, for which she underwent standard allopathic treatment including chemotherapy and radiation therapy. The patient was declared cured following the completion of her cancer treatment. However, in December 2022, the patient began experiencing pain in the abdominal region, along with back pain, loss of appetite, and general uneasiness. Blood tests and imaging were conducted to assess her condition.

### **Diagnostic Focus and Assessment:**

Blood tests revealed the following abnormal liver function parameters:

- **SGOT:** 211 U/L
- **SGPT:** 364.11 U/L
- **Gamma GT:** 589 U/L
- **Alkaline Phosphatase:** 310 U/L

An MRI was conducted, which indicated that the liver was mildly enlarged, measuring 17 cm in size. The imaging also revealed a 5x5 mm peripherally enhancing lesion in the subcapsular right lobe of the liver, as well as several other minimally enhancing focal lesions in the segment VI of the liver. The findings were suggestive of metastatic lesions, and further evaluations were recommended.

### **Treatment Decision:**

Due to the adverse side effects experienced during her previous breast cancer treatment, including chemotherapy and radiation therapy, the patient expressed a reluctance to undergo the same treatments again. Seeking an alternative approach, she opted for the Miracle Drinks Neo Ayurveda treatment as a natural and non-invasive solution.

### **Therapeutic Intervention**

#### **Standardized Treatment Protocol**

The Neo Ayurveda Miracle Drinks treatment protocol involves a combination of Ayurvedic health supplements and a well-defined uncooked diet, with certain food restrictions during the treatment period. The main objectives of the treatment are to convert the body's acidic environment into an alkaline one and to rejuvenate gut microbiota for effective enzyme release, acting as a catalyst to deliver essential nutrients to undernourished organs.

#### **Morning Protocol:**

1. On an empty stomach, the patient consumed Ayurvedic supplements 15 ml each : Gastro Care, Cardiovascular Support, and Immune Care, and Graviola powder ½ tea spoon along with liquid.
2. Prebiotic supplements included:
  - 2-3 pieces of garlic
  - ½ cm of fresh ginger
  - ½ teaspoon of soaked fenugreek seeds
3. After supplementation, the patient practiced 20 minutes of meditation and pranayama, which included 40 sets of Bhastrika and 20 sets of Anuloma Viloma.
4. The patient consumed 100 ml of banana stem juice.
5. The first course of breakfast consisted of a Flax Drink.

#### **Afternoon Protocol:**

- Pre-lunch supplements included Liver Care.

#### **Evening Protocol:**

- The patient consumed a Flax diet as part of the evening meal.

#### **Night Protocol:**

Before dinner, the patient consumed Gastro Care, Cardiovascular Support, and Immune Care supplements, and Graviola powder ½ tea spoon along with liquid.

Dinner followed similar dietary guidelines as the earlier meals, emphasizing raw vegetable juices and minimal cereal intake.

### **Dietary Guidelines**

#### **(a) Foods Restricted During the Treatment Period:**

- **Salt intake:** Limited to less than 5 grams daily.
- **Oils and fats:** All forms should be avoided except cold-pressed flax oil and cold-pressed coconut oil.
- **Milk and dairy products:** Avoid all dairy products except curd/yogurt without cream.
- **Processed and bakery foods:** Foods such as cookies, biscuits, and processed snacks should be avoided.

#### **(b) Foods Recommended During the Treatment: 100% uncooked diet**

- **Bananas & Stem Juice:** Consumed twice daily (150–200 ml each time) to aid in

removing calcareous deposits in arteries and capillaries.

- **Raw Vegetable Juice:** Consumed twice daily (150–200 ml each time) to maintain healthy cholesterol levels.
- **Prebiotics:** Garlic (3 pieces), fresh ginger (1 inch), and soaked fenugreek seeds (1 teaspoon) consumed once daily.
- **Leached Vegetable Salad with soaked green gram, soaked and also fried peanuts and chickpea :** Should be consumed as a lunch or dinner or as a snack.
- **Fruits & Dry Fruits:** A variety of fruits, berries, and all types of dry fruits including dates are encouraged, including smoothies made with dry coconut banana, apple, carrot with the dry fruits.
- **Flax Diet:** Consumed twice daily, in the morning and evening. This diet is rich in omega-3 and omega-6 fatty acids, as well as lignans. These nutrients help regulate cellular metabolic activity, improve the cellular respiratory system, and detoxify cells.
- **Cold pressed Coconut oil 15 ML each time twice a day**
- **Coconut milk and sesame milk twice a day.**

## Results

The following blood test results were recorded during the treatment:

Date	SGO T	SGP T	Gamm a GT	Alkaline Phosphat e
<b>Before Treatmen t (3.1.23)</b>	211	364.1 1	589	310
<b>After Treatmen t (17.1.23)</b>	26.90	57.30	250.90	171
<b>After Treatmen t (27.1.23)</b>	35	37	129	121
<b>After Treatmen t (13.2.23)</b>	23	27	48	105

<b>After Treatmen t (24.2.23)</b>	22	23	31	99
<b>After Treatmen t (24.3.23)</b>	19	21	26	108

These results show a significant and progressive decrease in liver enzyme levels, particularly SGOT, SGPT, Gamma GT, and Alkaline Phosphatase, over the course of just a few months. By March 2023, all enzyme levels were markedly reduced, indicating substantial liver recovery.

## Mechanism of Action of Neo Ayurveda

Neo Ayurveda, developed by Dr. S.M. Raju, combines elements of traditional Ayurvedic wisdom with modern scientific principles. The protocol includes the use of herbal formulations, an uncooked diet (which Dr. Raju terms the "monkey diet"), and a focus on activating gut health through prebiotics and probiotics. The treatment works on the principle of restoring balance to the body's organs by nourishing undernourished organs and improving cellular regeneration.

In this approach, food is considered medicine, aligning with the principles of both Ayurveda and modern nutritional science. Dr. Raju emphasizes the importance of detoxifying the cells, with a focus on the omega-3 and omega-6 fatty acids found in flax seeds, as well as the lignans that help detoxify the body. The use of prebiotics enhances gut microbial activity, supporting the release of essential enzymes that help digest and absorb nutrients, leading to the rejuvenation of dysfunctional organs.

Additionally, the Neo Ayurveda treatment works to shift the body's pH from acidic to alkaline, which helps to maintain optimal organ function and prevent disease.

## The Role of Protein Folding and Cellular Regeneration

A key hypothesis in the Neo Ayurveda protocol is the concept of protein folding and cellular repair. In patients with liver dysfunction, such as the case of this patient, misfolded proteins may not properly fold before being transferred from the cytoplasm to the mitochondria, leading to organ degeneration. Neo Ayurveda's herbal supplements

and dietary protocols aim to activate heat shock protein 60 (HSP60), a chaperone protein responsible for ensuring that unfolded proteins fold correctly. This process is crucial for the proper functioning of organs, including the liver, and can prevent cellular degradation and dysfunction.

In the case of this patient, it is hypothesized that the liver dysfunction was caused by a disruption in protein folding. Neo Ayurveda's approach, through its herbal and dietary components, helps restore the protein folding process, thereby promoting liver healing and regeneration.

### **Discussion**

This case study provides compelling evidence of the efficacy of Neo Ayurveda in promoting liver recovery and improving overall health after cancer treatment. The patient, a 54-year-old woman, experienced significant improvements in liver function after following the Neo Ayurveda treatment protocol for three months. Her liver enzyme levels, including SGOT, SGPT, Gamma GT, and Alkaline Phosphatase, which were initially elevated due to suspected liver dysfunction and potential metastatic lesions, progressively normalized, indicating substantial liver regeneration and detoxification.

The Neo Ayurveda protocol combines traditional Ayurvedic principles with modern scientific insights, focusing on detoxification, cellular regeneration, and activation of gut health through prebiotics and probiotics. The use of herbal supplements such as Gastro Care, Cardiovascular Support, and Immune Care, along with a carefully designed uncooked diet, aims to create an alkaline environment in the body, promote optimal organ function, and improve nutrient absorption.

One of the central mechanisms proposed in this treatment is the activation of Heat Shock Proteins (HSP60), which are essential for proper protein folding and cellular repair. In liver dysfunction, improper protein folding can impair cellular function and accelerate degeneration. By activating these proteins through the use of specific herbal supplements and dietary changes, the Neo Ayurveda protocol may enhance the liver's ability to repair itself and recover from damage, including potential post-cancer complications.

The shift from an acidic to an alkaline body environment is another key aspect of the

treatment. As studies suggest, an alkaline environment supports organ health by improving cellular metabolic functions and preventing disease progression. In the case of this patient, this shift may have played a significant role in her recovery, as elevated liver enzymes and inflammation were reduced significantly during the treatment period.

Gut health optimization is also an integral part of the treatment protocol. The inclusion of prebiotics like garlic, ginger, and soaked fenugreek seeds supports the growth of beneficial gut bacteria, which in turn aids in the proper release of digestive enzymes and promotes nutrient absorption. Given that the gut plays a critical role in immune function and detoxification, this approach could have been particularly beneficial in supporting the patient's liver recovery.

Moreover, the patient's positive response to the treatment suggests that Neo Ayurveda could offer an effective alternative to conventional therapies, particularly for those who have experienced negative side effects from traditional cancer treatments, such as chemotherapy and radiation. For cancer survivors, the psychological and physical toll of chemotherapy can make the decision to pursue further treatment difficult. In this context, Neo Ayurveda presents a natural, non-invasive treatment option that avoids the harsh side effects associated with standard medical interventions.

However, while these results are promising, it is important to recognize the limitations of a single case study. The patient's improvement could be due to a combination of factors, including the placebo effect or natural healing, and more extensive clinical trials and studies are needed to validate these findings across a larger and more diverse patient population. Additionally, long-term follow-up is necessary to assess the sustainability of the treatment's effects and whether it can prevent future liver dysfunction or cancer recurrence.

In conclusion, the results of this case study suggest that Neo Ayurveda has the potential to support liver recovery and improve overall health in patients recovering from cancer treatment. By focusing on detoxification, cellular regeneration, and gut health optimization, Neo Ayurveda offers a promising alternative to conventional medicine. However, further clinical research is required to fully understand its mechanisms of action and

confirm its effectiveness in treating liver diseases and other chronic conditions.

### Future Directions

Given the promising results observed in this case study, future research should aim to:

1. **Conduct Randomized Controlled Trials (RCTs)** to validate the effectiveness of Neo Ayurveda in a larger patient sample.
2. **Investigate the long-term effects** of the protocol on liver function and cancer recurrence prevention.
3. **Explore the mechanism of protein folding and HSP activation** more deeply, particularly how Neo Ayurveda influences these pathways to support organ regeneration.
4. **Evaluate the protocol's impact on other chronic diseases**, such as cardiovascular disease, diabetes, and autoimmune conditions, which may also benefit from the principles of detoxification and gut health optimization.

By expanding on this initial study, Neo Ayurveda could potentially offer a groundbreaking approach to the treatment of liver dysfunction and post-cancer recovery.

### Conclusion

The case study demonstrates the potential of the Neo Ayurveda protocol in promoting liver recovery and addressing conditions that arise after cancer treatment, such as liver dysfunction and metabolic imbalance. Despite the patient's elevated Liver enzymes levels, her significant improvement in liver enzyme levels and overall health shows that the protocol can provide an alternative to traditional medical treatments. Neo Ayurveda's integrated approach, combining dietary strategies, herbal supplementation, and gut health optimization, offers a holistic treatment option for those seeking to restore their health after chronic diseases and treatments like cancer. Further studies and clinical trials are needed to validate the effectiveness of Neo Ayurveda in treating liver disorders and other chronic conditions, but this case provides promising evidence of the protocol's potential in regenerative healing and cellular restoration.

#### 6. Acknowledgment

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Finally, we extend our thanks to the broader Neo Ayurveda community and all those involved in the development and promotion of holistic healing practices. This case study is a testament to the potential of integrative approaches to health and wellness, and we hope it encourages further exploration into the benefits of combining ancient wisdom with modern science.

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