

Venous Whole Blood Test for Quantization of the standard of Ayurveda principles presence in human body including disease diagnosis invented technology developed in Laboratory

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Abstract; A new innovative technique has been invented to diagnose accurately the diseases and physical problems prevailing in the body with the principles of Ayurveda through Venous blood testing. This self-funded invented technique has been continuously developed in our own established laboratory and research center for the last more than 15 years. At the core of this innovation, the idea was being explored whether the diagnosis of disease can be done in Ayurveda medical science by testing the blood of the patient along with the principles of Ayurveda? This Fresh Venous whole Blood testing technique has been successful in the Quantization of Ayurveda principles and disease diagnosis without centrifuging blood. In this test whole blood is not centrifuged and little micro-milliliter blood is put on the machine test platform slide by micro-pipette and then mixing one or two drops corresponding chemical reagent and after that specially designed machine analyzer read the value. In the history over 5000 [Five thousand] years of the Ayurveda medical system, this is the first efforts of the venous whole Blood test. which has been explored. It is noteworthy that there is no mention of any kind of Blood test in Ayurveda in any scripture so far available. The test is developed in the laboratory to know the disease diagnosis and fundamentals of Ayurveda with their intensity levels. In future, it is expected that the work of both fundamentals diagnosis and disease diagnosis will be done through the laboratory testing in Ayurveda and this technique will open new doors and gateways in Ayurveda in future for high level research in many branches of the Ayurveda Medical system.

Keywords; Ayurveda Blood chemical chemistry test, chemical blood test in Ayurveda, Ayurveda laboratory test. Whole blood estimation in Ayurveda, blood test in Ayurveda, Ayurveda blood test

1. INTRODUCTION

In the Ayurveda classical scriptures [1,2,3,4,5,6,7], there is no rule mentioned or written of testing blood in Ayurveda medical science. Instead of testing blood, many types of blood related diseases have been described in the classical texts of Ayurveda. There is no rule or mention of testing blood in Panch Vidhi Nidan, Sapta Vidhi Nidan and Dash Vidhi Nidan [21] also. Leaving the blood test, the classical text instructed above Nidan methods with Urine and Stool and Perspiration test, these has been mentioned and the procedure of testing urine has been also mentioned. Along with diagnosis of diseases by urine test, description of related Doshas [Ayurveda aetiology] and Dhatus [Ayurveda Pathology] has been given. Similarly, there is mention of testing of stool and sweat too. But the procedure of testing blood is not seen and not mentioned in any classical texts of Ayurveda. Modern science analyses human body and declares that human body is consists of 11 constituents and in these constituents 6 covers 99 % of body mass chemicals i.e. Oxygen, Carbon, Hydrogen, Nitrogen, Calcium, Phosphates, while 0.85 % covers Potassium, Sulphate, Sodium, Chlorine, Magnesium. [8,9,10,11,12,13,14,15,16,17]

1..1 Mention of Blood related disease conditions in Ayurveda Classical literature

Many diseases related to blood have been described in the classical texts of Ayurveda, which are as follows; [1,2,3,4]

- 1- Blood discharge that means bleeding or hemorrhage from any part of body
- 2- Blood hemorrhoids that means bleeding piles
- 3- Blood semen that means inclusion of blood in semen
- 4- Blood diarrhea that means loose stool with blood

- 5- Blood vata known as Rakta Vata that means Gout disease
- 6- Blood bile that means vomiting of blood
- 7- Blood phlegm that means passing of blood with mucous or phlegm
- 8- Blood urine that means passing of blood with urine, hematuria
- 9- Epistaxis that means nose bleeding

and many more bleeding conditions, where blood passes and these conditions are mentioned in text books.

The symptoms and syndromes of the diseases have been given in details in classical books of Ayurveda. But all these are for disease diagnosis and have no relation with blood test. All these diseases are also not related to blood tests, they only describe the condition of the disease. [1,2,3,4,5,6,7]

1.2 Mention of Blood extracting in Ayurveda

In Ayurveda literature, the method of extracting blood or treatment by extracting blood has been mentioned. [2] This is called Raktmokshan. [2] The method of extracting blood by cutting or making an incision in the skin or by piercing the skin with a fine needle has been described in the texts. But there is no mention of the diagnosis or disease diagnosis based on Ayurveda by looking at the blood or by looking at the color, form, shape of the blood etc. Only information has been given about the treatment of Raktmokshan, which has been described as performing the process of Raktmokshan by using a special instrument made by modifying animal horns to treat diseases like sciatica or to reduce swelling in the skin or bone joints, by sucking blood creating strong suction through mouth.

1.3 Description of the importance of blood in Ayurveda and the need of blood in the body

The importance of blood has been described in Ayurveda [1,2]. It is called Dhatu, and the meaning of Dhatu is to hold. These reside in the human body and hold the body; hence they are called "Dhatu", this is the definition of Ayurveda. Dhatu is, [1,2,3,4,5,6,7,21] the thing which helps the body in its proper functioning and activities in a systematic way and helps the body to survive is called Dhatu. The Seven elements which keep the body in a systematic form are known as Sapta Dhatu in Ayurveda. These Sapta Dhatu i.e. seven Dhatu have been described in the following order which is indicated below.

- 1- Rasa Dhatu; This Dhatu is related to metabolism i.e. Whatever substance is consumed by a human being, it is digested and assimilated in the body as per the need
- 2- Rakta Dhatu; This Dhatu is related to blood and all the functioning in total related to blood
- 3- Mans Dhatu; Related to muscles and its systems
- 4- Med Dhatu; Related to fat or adipose and its all varieties
- 5- Asthi Dhatu; Related to the all bones, all joints of the body
- 6- Majja Dhatu; Related to the bone marrow inside and all related anomalies
- 7- Shukra Dhatu; related to reproductive system in men and in women including all anomalies

It is worth mentioning here that blood has been included in the description of Dhatu in Ayurveda. This shows the importance of the body's need for blood.

1.4 Where and how did the idea of doing a blood test come from

The idea of diagnosing the principles of Ayurveda and the disease of a patient through blood tests came from some corners.

[1] The first idea came, when I was studying Complimentary Integrated Allopathy Phytotherapy Homoeopathy methods at Krankenhaus fuer Natureheilweissenin, Munchen [Munich] Germany. At that time, while doing test of German patient admitted at Hospital, in the pathology lab for Blood urine sputum stool and others, the idea came to mind whether the principles of Ayurveda could be detected through blood tests. It was just a thought. After returning to India from Germany, an

elderly Doctor Ram Krishna Pandey, who once established pathology Laboratory and after that he closed it and the Laboratory material was dumped by him for several years. Seeing my passion to Laboratory findings dependency Dr. R.K. Pandey, aged 76 years, donated me a London made microscope and a lot of glassware and equipments related and used in the pathology laboratory with some used chemicals. After that I established a pathology laboratory in a small room of my outdoor clinic and started all essential tests which are possible at that time. One Laboratory technician helps me, he was expert in making reagents and chemical solutions in the laboratory, generally used in blood urine sputum and other tests. The idea of Ayurveda principles Quantization cropped up in the laboratory when I was working on colorimeter test.

2- The second idea of blood testing came when Dr. William Boerick of England developed a blood serum flocculation test [16] for selection of homeopathic medicines in laboratory. I started this test in my laboratory and the result was very positive. During this time, the thought came whether similar laboratory technique can be developed to know the principles of Ayurveda?

3- The third idea came when while testing the centrifuged blood serum by colorimeter, the thought of blood test of Ayurveda kept repeating in the mind again and again. Although whole blood test is done in few tests i.e. to know Hemoglobin percentage, Erythrocyte Sedimentation Rate, Blood Grouping matches, RBC, WBC counts etc. along with rapid card tests i.e. HIV, Hepatitis, Pregnancy, VDRL, Malaria, Blood sugar etc. Comparatively the majority of the tests are done with the centrifuged blood serum. The idea of testing whole blood came about because many substances are removed from blood [8,9,10,11,12,13,14,15] when it is centrifuged, while these substances are themselves very important. Therefore, an attempt was made to find a technique to test whole blood without centrifugation.

2. METHODOLOGY; Experiments with Whole Blood Examination

It was a challenging task to combine and correlate Ayurveda principles with chemical chemistry and to quantify the status by testing blood by linking the seven Dhatus with vata, pitta, kapha and stool, urine and sweat. The first task was to build an analyzer which is sensitive and gives good readings. For this, a self-financed workshop was conceived to build an analyzer which includes Artificial Intelligence, and the reading accuracy should be 100%. For this specific purpose, a prototype model has built.

2.1 Construction of Analyzer

Before thinking of manufacturing the analyzer, a few laboratory analyzer machines used in chemical chemistry were studied and their working process was understood in detail. After understanding all the technical and engineering related aspects, a machine was built as per the specific requirement of Ayurveda in which Artificial Intelligence was added so that the test results can be obtained quickly. This prototype machine is self-financed and has been made in own setup workshop.

The following steps were taken in making the Analyzer

- 1- Selection of appropriate board which can do the task easily and users friendly
- 2- For sensor and platform design it was kept in mind that the droplets and regents of the platform should be confined to a limited area and the machine was calibrated by confining this limited area so that there is no scope for any kind of error in the results. Sensors are developed at our own unit.
- 3- After finishing one test and starting the next test, Before that it took minimum time for cleaning the platform and washing reagent and getting ready for the test again.
- 4- Analyzer machine can be run by both 12-volt battery and main power, it can work in all conditions, all temperatures, all weathers and humidity.



Fig -1 Showing Front View of Proto-type Analyser Machine with test platform

2.2 Preparation of Chemical Reagents

For making chemical reagents, knowledge of chemistry and information about chemicals is very important. For years many reagents were made in-house for blood tests and other tests, therefore the basic and advance level knowledge for making reagents was known much earlier. We have arranged every facility in our laboratory for making reagents. But for making reagents, especially for Ayurveda principles status Quantization, one had to study physiology, pathology biochemistry and hematology. How many basic chemical elements are found in humans and what combinations of the fundamentals of Ayurveda Vata, Pitta and Kapha are made and what substances are formed by mixing them, all those elements have been studied specially and on the basis of estimation, reagents have been made in different active power and in ratio, After that these reagents are experimented for a long period around about over 15 years. How reagents affected Whole Blood and changes the chemical structure, it is a separate matter of investigation by Bio-chemical experts? Earlier to this test done on analyzer machine, these chemicals were used in colorimeter blood and urine test in Ayurveda views. The machine and reagents technique is not patented, therefore limited information is being shared here.



Fig- s showing range of chemical reagents using in blood test

It is very important to clarify here that the names of the reagents may be similar to some other medical chemical science, but all these reagents have no connection with the tests being conducted in any other medical or chemical sciences. At the end of all these tests the name of Ayurveda Ayushviews is put first so that the identity of this test appears different from all others. Since this is a prototype project, this test should be seen as a test of Ayurveda only. All the reagents have been made in our own laboratory.

3. Performing the test ; Where to start?

There is no difficulty in doing this test of Ayurveda, it is a very simple and easy test. The test machine has been made user friendly so that there is no need to say anything, which can cause hurdles in-between the test, therefore the test can be conducted very easily. Artificial Intelligence has been used in the machine, so the machine does the calculation work on its own and shows the result on the Liquid Crystal Display screen. The number of results is one at a time. The formatted report is written on the paper sheet. This is done sequentially after each test, so that a written record can be made and maintained for a reference or memory or keeping health record.

3.1 How to conduct test?

For best test results, it is very important to follow the rules and steps mentioned below.

1- **need of venous fresh blood; venous** whole blood is required in this test. For this cause, blood should be drawn from any part of the body by new sterilized syringe by puncturing the vein and thus blood should be collected in a sterilized vial. In general practice the blood is drawn from Brachial vein of elbow arm both upper hands. Immediately after drawing blood, anticoagulant mix vial should be taken and transfer the blood in this chemical mix vial to prevent from coagulation.

2- The blood should be mixed with an anticoagulant such as EDTA or any other blood clotting chemical agents so that the blood does not form a clot.

3- After collecting and transferring the blood in vial, it should be shake and stirred well for few minutes so that the viscosity of the blood remains normal.

4- Presently some plastic vials are available to keep the blood safe, this standard quality vials should be used for blood collection. Anticoagulant is separately available, if vials are not available; collect the blood in sterilized test tube or small sterilized container mixes with anticoagulant chemicals

3.2 Test to start

Before starting the test, turn on the power of the machine, a message is written on the LCD of the machine.

1- Now put one or two drops of venous blood on the sensor slide / sensor platform that look like sensor or plate by help of a micro-pipette or a dropper and after that without delay put one / two drops of reagent on this blood and mix well both with a glass or plastic stick and spread to cover platform area .



Fig - 2 Pouring blood drops on test platform by pipette



Fig- 3 reagent is mixing in Blood drop by resented bottle

2- Press the restart button of analyser machine and keep your eyes on the LCD screen, the reading will be displayed in a few minutes along with the message



Fig-4 Analyser machine showing Reading on Liquid Crystal Display

3. Write down the value displayed on the LCD on a formatted printed paper sheet especially designed for data record before the test name

4- Take out the sensor or platform and wash it with fresh water and dry it with cotton or paper kerchief and again ready to perform another test in sequence.

5- Precaution should be taken from exposure of infection and reaction of reagents. Protective face guard, gloves, goggles and other measures should be adopted according to laboratory rules.

3.3 Interpretation of received Data

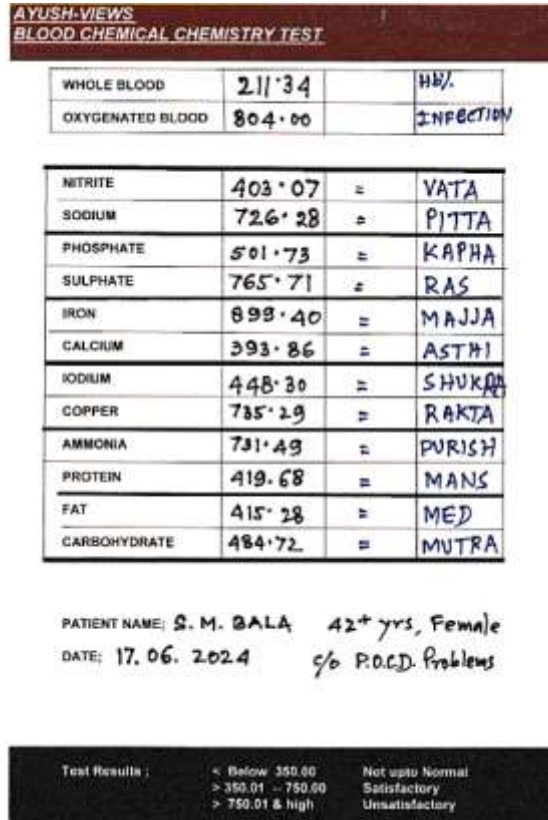


Fig-6 Report of Blood test showing reagent and corresponding Ayurveda principles

For the last 15+ years, the work of developing blood tests has been continuously carried out in our research center. After conducting detailed examinations of patients in a large number, the data obtained and after analysis and synthesis of this data, the common and ordinary level have been determined. The above presented report includes all the tests that are done on blood through this machine.

3.4 Received Data analysis

The first task in data analysis was to establish how the obtained data could be matched with the nature, complaints, body built and other cardinals of the patient. So that more or less this important general information could be matched and compare for standardizing the Ayurveda Principles and their intensities level. After long observation, this data level has been divided into three parts in the following sequence.

- 1- Value < 00.00 up to 350.00 Below Normal
- 2- Value < 350.01 up to 750.00 Normal and Satisfactory
- 3- Value < 750.01 and above Normal and unsatisfactory

All the values mentioned above are determined for blood test by chemical reagents but below mentioned two blood tests are done without chemical reagents. Their values are given below.

[a] Whole Blood Estimation; This test is very basic and, in this examination, raw whole blood without mixing any reagent is tested. This general test is done for detecting level of Haemoglobin. Its normal value has been fixed at more than 200 to 250 /dl value. When its reading is below 200 then it indicates the deficiency of blood and anaemia related anomalies. If level is Higher more than 250 indicate fever, toxicity in blood and inflammatory condition of the organs, in any blood infection the level goes very high, as per observations

[b] Oxygenated Blood Estimation; This blood test is done at the end. Till then the blood remains in open contact with air for exposure of atmospheric oxygen and other gases. The test is done as usual. Its level is compared with the whole blood estimation value. If its value is high, then it indicates the inflammatory condition of the body and weak immunity. If shows less value, then it indicates a sign of strong satisfactory immunity.

[c] Apart from these two tests, all other test values are mentioned earlier.

3.5 Chemical Chemistry test Equivalent to which Ayurveda Principles

Based on the observations of tests being conducted since last 15 years, it has been revealed which chemicals can be matched and equivalent to which Ayurveda principles which would be similar qualities and characteristics corresponding to the test results. For this problem solution, some best kinds of measuring instruments and machines supports are taken for matching equivalency of the chemical test results and Ayurveda scanners results for a clear comparisons.

1- The data obtained from blood examination was compared with the data obtained from Electro Tridosho Graphy/Gram examination results.[19]

2- The data obtained from Ayurveda Tridosho Scanner was compared with the value obtained from blood test and thus concluded the equivalency,[18]

3- Data Obtained by Ayurveda Whole-body Head Torso Limbs [H.T.L.] scanner reports are matched with the results obtained from Blood examination.[20]

4- In the classical texts of Ayurveda, the nature of Vata, Pitta, Kapha, Sapta Dhatu and other important sign and symptoms and characteristics syndromes have been collectively described widely with the patient nature, get-up, body built, mental and physical behaviour etc. The symptoms for diagnosis of a person or patient have been explained in detail in the classical books of Ayurveda. Based on the structure of the person's height and body built, a detailed questionnaire is prepared especially for acquiring data of the nature and other mentioned important features of Doshas for comparison with the data of blood examination. This diagnostic step has adopted in this test for best conformation. [1,2,3,4,5,6,7,21]

5- Radial Pulse examination i.e. comparing the pulse examination with the data of blood examination to find out the principles of Ayurveda, this rule has adopted for confirmation. A comparison in between the pulse reading and chemical values has been examined to match the data near to test value. This comparison became true. [7, 21]

6- Panchvidhi diagnosis, sapta vidhi diagnosis and dash vidhi diagnosis procedures has adopted to conclude the Blood test results with the Ayurveda principles presence with their intensities. That's why these procedures have adopted to confirm the true data potential. [21]

3.6 Chemistry substances equivalent to Ayurveda principles

After matching each other, all the diagnostic methods as discussed earlier, it is concluded by comparative observation and studies of the results obtained from various options of test machines and techniques and other side results of blood chemical chemistry test. All Results have been verified by different sources and views as mentioned earlier. After vigorous comparison exercises, the equivalent has been fixed as below.

- 1- Nitrite test is like VATA Dosha and is called Vata Nitrite
- 2- Chlorate [Sodium] test is similar to PITTA Dosha and is called Pitta Chlorate
- 3- Phosphate test is similar to KAPHA Dosha and is called Kapha Phosphate
- 4- Sulphate test is similar to RAS Dhatu and is called Ras Sulphate
- 5- Copper test is similar to RAKTA Dhatu and is called Rakta Copper
- 6- Protein test is similar to MANS Dhatu and is called Mans Protein
- 7- FAT test is similar to MED Dhatu and is called Med Fat
- 8- Calcium test is similar to ASTHI Dhatu and is called Asthi Calcium
- 9- Iron test is similar to MAJJA Dhatu and is called Majja Iron
- 10- Iodine test is similar to SHUKRA Dhatu and is called Shukra Iodine
- 11- Ammonia test is like PURISH MALA and is called Mala Ammonia

12- Carbohydrate test is similar to MUTRA MALA and is called Mala Carbohydrate

To understand the names of the above chemical tests easily, the same chemical names have been adopted. Hence, this thought is for to simplify to understand chemical names. But for using them in Ayurveda purposes specifically, the Ayurveda Fundamentals names are added before these chemical names for quick recognition and to secure the separate identity from others. For example, before nitrite VATA is conjoined, so that Vata Nitrite will represent VATA Dosh. This process has followed in another test. [8,9,10,11,12,13, 14,15,16,17]

3.7 Diagnosis of Ayurveda principles and diseases

After receiving the names of the Ayurveda principles suggested above and their test values in the chemical test of blood, all these data are used in two parts.

1- The aetiology of Ayurveda tells which Doshas are causing the pain and what is the level of these.

2- The Sapta Dhatus are considered Vikruti i.e. Ayurveda pathology and thus tells which Dhatu is related to the physical disorder and what is its level?.

3- After knowing both these important points, the Ayurveda treatment becomes accurate, targeted and successful.

For example, if the amount of Ras sulphate is more than normal then it means that there are metabolic disorders. If it is at a low level, then it means that the metabolic disorder is at a sluggish level and is working less than usual. If it is excessive then it means that the metabolism process is more than normal. While doing treatment, Branghan Chikitsa or Shaman Chikitsa is used. If the level of Ras sulphate is less then it has to be increased and if it is increased then to treat it, reducing therapy is used, till within normal limit.

In this way, the data obtained from blood test is used in Ayurveda treatment.

4. CONCLUSION

From the above discussion and information, which are given about the blood test and the use in assessing Ayurveda Fundamentals and disease diagnosis achieved by this test in Ayurveda medical system, it can be concluded that how important this blood test is, which can prove its usefulness in ultimately in treatment as prime objective. It is important that this technology will bring accuracy in Ayurveda medical work, which will prove the scientific aspect of the science. The results of the whole blood chemical chemistry test and accesses to equivalent Ayurveda fundamentals have been found to be correct.

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