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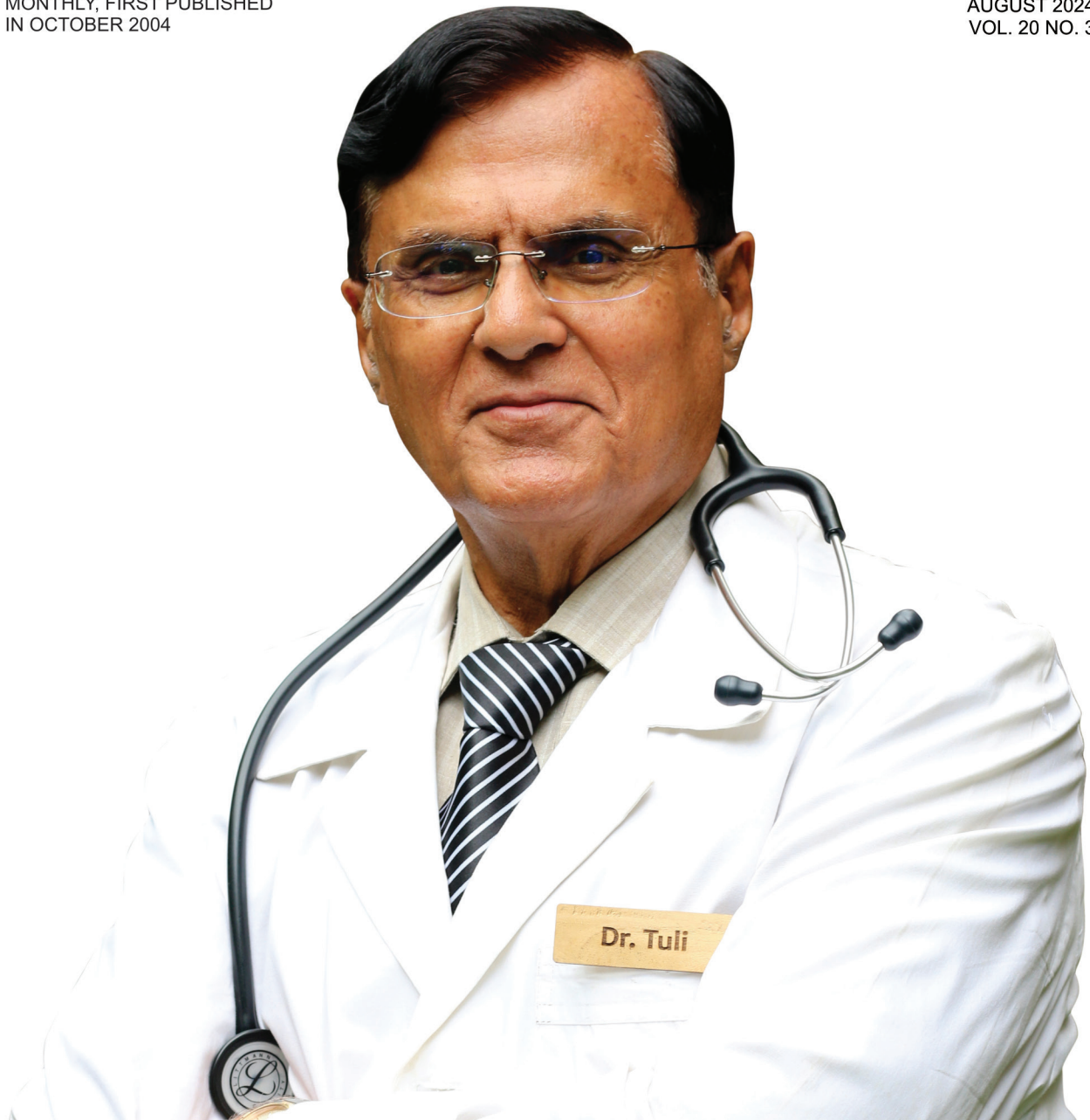
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FATHER OF HOLISTIC MEDICINE

Dr (Prof) R.K. Tuli is a trailblazing and versatile medical physician who's pioneered the clinical success of integrative holistic medicine globally. A report.

FATHER OF HOLISTIC MEDICINE

Dr. (Prof) R.K. Tuli is the Founder of “SOHAM” - Society for Holistic Advancement of Medicine. He is popularly known as The Father of Holistic Medicine as he established the world’s first ever Department of its kind at state-of-the-art multi-speciality tertiary care Indraprastha Apollo Hospitals, New Delhi in the year 1996. He is a 1964 batch alumnus of the prestigious Armed Forces Medical College (AFMC), Pune. He was commissioned by the President of India into the Armed Forces Medical Service and seconded to the Indian Air Force.

He received postgraduate training in aerospace medicine and sports medicine, and completed a term for M.D. (General Medicine) at the Army Hospital (R&R) during 1977-79. He was granted premature retirement from service in 1981.

He pursued excellence beyond best of modern medicine by gaining proficiency in the system of Acupuncture at various international institutes in China and Sri Lanka; qualified to be a trainer in Ashtanga Yoga, Ayurvedic Panchakarma, Reiki Grand Master, Arhatic Pranic Healer and, reinforced further to be a Counsellor Hypnotherapist. He has gained peer recognition for medical excellence by the Delhi Medical Association as well as the Indian Medical Association NDB and SDB. He has been conferred numerous accolades and awards by several national and international institutions. They include a host of life-time achievement awards. India Empire Magazine’s Diplomatic and Business Editor **Yogesh Sood** caught up with Dr.Tuli and a range of responses followed.

Let us start from the beginning. You were a doctor in the Indian Air Force, trained in the allopathic system. What prompted you to make this paradigm shift to holistic medicine?

After graduation from AFMC, I was commissioned by the President of India into Armed Forces Medical Service and served in the Indian Air Force as an aviation medicine expert looking after flying fitness of fighter and bomber aircrew, and played a vital role in the 1971 Bangladesh Liberation War.

I was medical adviser to the Air Force Sports Control Board, looking after all categories of sportsmen. Both the above jobs required peak human fitness by progressive promotion of their health, thereby preventing any scope of sickness. Also, my thesis for M. D. (medicine) at Army Hospital (R&R) in 1978 revealed successful reversal of asymptomatic coronary artery disease (CAD) by drug-free conservative management. It earned my guide and me the coveted Fellowship of the International College of Angiology.

It was evolving me into harnessing inherent potential in each individual for better health and natural reversal of sickness. During the same period at the Army Hospital (R&R) I was exposed to the potential of the system of acupuncture to much superior outcome of medical emergencies, incurable pain and cure of a vast range of conventionally chronic ailments. At that stage in 1981, I was granted premature retirement from service. That opened all avenues for me to evolve professionally and delve deeper to incorporate the philosophy of Maharishis Charaka and Patanjali as drug-free natural modalities to complement their time honoured ‘art’ into best practices of the ‘science’ of evidence based modern medicine to develop a model to treat the human being as a whole ‘body-mind-spirit’ and all the ailments of an individual concurrently with predictable, reproducible and sustainable benefits which also prove to be harmless, more accessible, affordable, and promise to achieve World Health Organisation (W.H.O.) objective “Health For All”. My professional evolution was happening at a time when



the emerging rise in various life-style disorders and drug-resistant microbes seemed to negate all the progress in medical technology in previous 3-4 decades as reflected by persistent rise in morbidity due to them.

Due to my growing credibility as the pioneer of this all inclusive approach to reversal of all kinds of sickness and restore positive wellness, I was invited by the Founder Chairman of Apollo Group of Hospitals, Padma Vibhushan awardee Dr.Prathap C. Reddy in 1996 to establish the world’s

first-ever department of this all integrative approach making a prophecy, “Holistic Medicine would be the medicine of 21st century”. Thereby, I came to be labelled as the Father of Holistic Medicine. This subsequently became a board certified latest specialty in the U.S.A. Due to its tremendous benefits it is gaining worldwide popularity.

Have you at any time been disillusioned by the corporate culture in the mega Indian private medical system where doctors are used to meet management targets?

In spite of ‘out-of-the-world’ initiative of the Apollo Chairman and drug-free complementary benefits of this patient-centric modality to improve the final outcome and reverse the very cause of sickness across all specialities of medicine leading to restoration of positive health, the peers at the hospital felt intimidated at its success. Instead of pooling up to minimise human suffering, the reverse happened. In direct proportion to the success of this novel approach I was progressively isolated by the peers to the extent to compel myself to withdraw from the hospital. Of course, this success in enhanced efficacy in patient care hampers revenues. Even other corporate hospitals, in spite of appreciating its tremendous benefits, have refused to extend its benefits to their suffering clients.

What is the message you have for doctors who are trapped in the vicious cycle of meeting management targets and overcharging patients?

I wish the profession, in true scientific temper and service of humanity, to rise above our conditioning to explore complementary benefits of harmless drug-free modalities of officially recognized systems of traditional health. Let us join together to establish scientific credibility of this phenomenon by ‘Pilot Projects’ complementing best practices of modern medicine with drug-free modalities of traditional Indian and Chinese systems for their benefits to achieve health objectives of humanity and restore lost glory of the medical profession. The authorities need revolutionary support to the way health care is practised today and upgrade it to W.H.O. recommended model of optimum integration of various systems of health, especially when it’s been promulgated in our national health policy.

As a practitioner of holistic medicine, what is your own philosophical and spiritual thought process towards the discipline?

Modern medicine treats the human being as a mere machine with each specialist taking care of a respective organ of the body. On the other hand, the Ayurvedic Samhita, the Yoga Sutras and Traditional Chinese Medicine (TCM) extend a quantum view of the human being as a whole comprising the ‘body-mind-spirit’ complex of the universal whole.

My rich experience at complementing best practices of all drug-based systems at different levels of health with drug-free modalities of the traditional systems gives me a ‘Eureka’ feeling to share its infinite benefits with the whole world. This ‘synergy’ predictably enables clinical benefits which may be termed reproducible and sustainable ‘MIRACLE’ in each case.

Could you please encapsulate what SOHAM stands for, and its aims and objectives...

The word “SOHAM” represents the abbreviation for Society For Holistic Advancement of Medicine which was formed to promote the cause of positive health and total wellness ‘body-mind-spirit’ at all ages and at all levels of health. It is dedicated



to reverse all sickness and restore wellness by complementing best practices of all the systems and specialties of medicine, as far as possible, by harmless drug-free natural means which are efficient, easily accessible, predictable, reproducible and sustainable - thereby qualifying to be a scientific phenomenon. It holds promise to enable “Health For All” within our limited national means by enhancing the vision and skills of available human resources.

It’s proven its versatility beyond the restrictive prevailing W.H.O. definition of health which addresses only physical, mental and social aspects of health, by adding the vital ‘spiritual’ ingredient of being human. It, thereby, offers to enable a path breaking lead to the whole world in optimum healthcare. In spiritual language the word “SOHAM” means union or oneness (Yoga) of the finite human soul (Jiva Atma) with infinite universal consciousness (Param Atma), for attaining the state of Total Wellness (Bliss = Ananda).

Please tell us about some of the services you provide...

The “SOHAM” model of health complements best practices of all drug based recognised systems of medicine with harmless natural modalities like Conservative Medicine, Ayurveda including lifestyle based on seasonal and daily variations, organic balanced nutrition, pancha karmas for detoxification, suchiveda - developed to its present status and thereby known to the modern world as Acupuncture from the TCM, Ashtanga Yoga including its modern modalities like Reiki, Pranic Healing, Aura-Chakra, Music-Mantras and Vibration healing, etc., plus Psycho-Neuro-Hypnotherapy as well as Physiotherapy wherever needed. The expertise lies in sound knowledge of health to create a synergistic optimization of all its modalities like conducting a ‘symphony’ of various music instruments.

You have had several VVIP clients over the years. How and when did you get the first one?

A quick recall takes me back to 1989 when a common friend escorted me to Ghulam Nabi Azad, then a Cabinet Minister in the Rajiv Gandhi government. He had been prescribed a heavy dose of analgesics and muscle relaxants along with a traction bed for 12 weeks by the world famous Orthopaedic Surgeon Dr. Dholakia of Bombay Hospital for treatment of his Severe Backache with Sciatica diagnosed to be due to Slip-Discs. My holistic medicine therapy comprising acupuncture, relaxation, counselling, breathing followed by spinal asanas got him on his legs within just 10 sessions. Elections were announced and he had no time to look back as he reportedly covered 70,000 km across the country in all terrains on all modes of transport for hectic electioneering. Since then I’ve made a list of Who’s Who of the country, Diplomatic Corps, Celebrities and patients from different countries across all walks of life to boast a list stated to be incomparable to any single health practitioner!

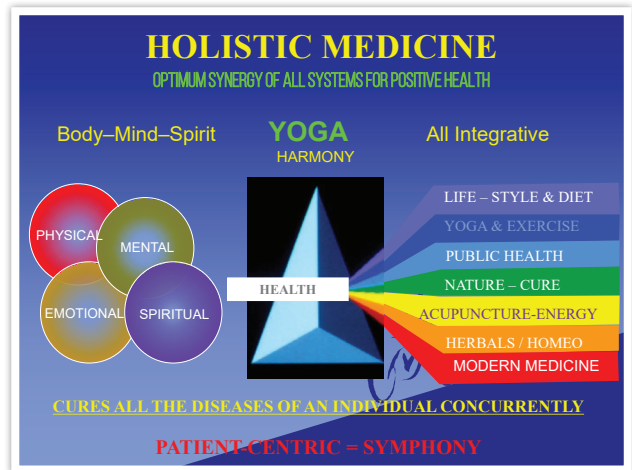
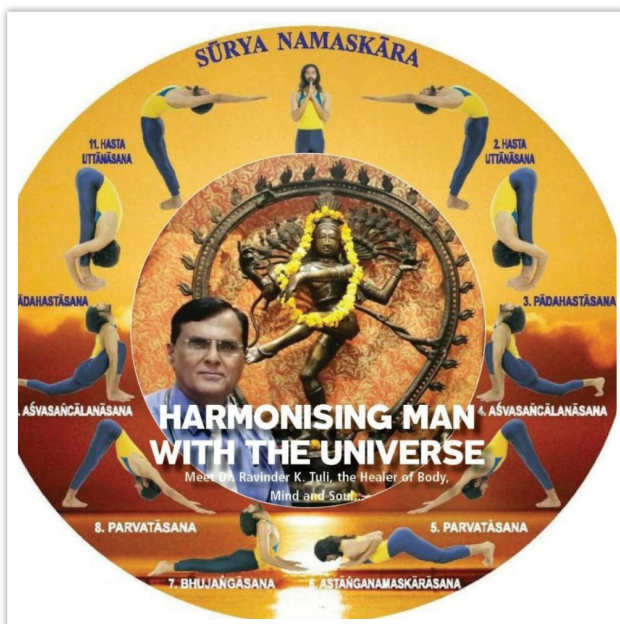


You've also had a long association with foreign embassies in Delhi. In fact, you started out in Malcha Marg, at the heart of the diplomatic area of New Delhi. Please elaborate...

I've had a staggering range of diplomats and their families patronising my clinic over the last 4 decades, leading to upgrading its name to "SOHAM" The International Centre For Holistic MediCare. Also, I've had foreign patients as well as NRIs and PIOs coming especially to regain their health from all kinds of medically incurable ailments, and give a boost to their failing health. To further enhance their care the "SOHAM" facility is being associated with a Himalayan resort facing the Trishul range of mountains to enhance 5-element and spiritual experience.

What role does holistic medicine play in treating Sportspersons?

The cause of fitness of the sportspersons is the dearest to my heart. Holistic Medicine works to bring out the best in each one of them when it comes to attain, maintain and sustain peak performance to claim maximum trophies, medals and awards. The magic is that it involves No Drugs - so No Dope. This support helps them to develop sound immunity against all kinds of injuries and ailments. They make quick recovery from regular 'wear n tear' of the sport, as well as if they suffer from any injury or sickness. Thus, it saves them from hazards of prolonged periods of deconditioning. The unparalleled rehabilitation with Holistic Medicine is best explained by the story of Chhaya Adak, an Indian international weight lifter who after retirement had turned a national



coach. She sought my help for her nibbling chronic aches and pains of spine and various joints due to chronic injuries during the course of her career. As she overcame her disabilities and regained her health she sought my permission to resume weight lifting. Soon she found herself to be doing better than ever before and qualified back into the national team. This fact that a retired sports person having turned a coach returned back as an active player to the national team has never happened before in the entire history of global sports! Not just that, she went on to do better her own records to tie for three gold medals at Asian meet and win three bronze medals at the World Championship. For her success in the new innings she received the coveted Arjuna Award and ended up with a job as an assistant commandant with the CISF. My therapy has enabled many sports girls and boys to be able to represent India and bring laurels to the country.

In spite of the World Health Organisation (WHO) recommending the National Health Policy for Integrative Holistic Medicine, which has attained the status of a board certified specialty in the USA, and it being so beneficial across all diseases, why is it not popular amongst the people?

- I may attribute conventional human inertia in the general population as well as the medical profession to change as its first cause.
- Then, to the medical profession, the term 'integration' implies prescribing medicines of different systems of health to a patient at the same time. It's not acceptable to the medical profession for no allopathic medicine can be concurrently prescribed with Ayurvedic, Unani, Siddha, Tibetan, or even Homoeopathic remedies. They are all based on altogether different philosophies, lack

VVIP BENEFICIARIES OF HOLISTIC MEDICARE- 1

Shri FAKHRUDDIN ALI AHMED (S/O & D-ILO), Former President of India
 Shri. I. K. GUJRAL (w/o), Former Prime Minister of India
 Shri Chandrashekar, Former Prime Minister of India
 Air Chief Marshal O.P. MEHRA F(P) Former Governor, Ambassador & Chief of Air Staff IAF
 Shri. BALRAM JHAKAR, Fmr. Governor M.P., Speaker Lok Sabha & Union Minister GOI
 Smt. MARGARET ALVA, Fmr. Governor Uttarakhand & Rajasthan, Fmr. Union Minister GOI
 Shri MUKUT METHI M.P., Fmr. Governor Puducherry & C. M. Arunachal Pradesh
 Shri J. S. VERMA (w/o), Fmr. Chief Justice of India & CM National Human Rights Commission
 Shri P. K. DAVE, IAS (Retd.), Former Lieutenant Governor of Delhi
 Mr. VASANT SATHE, Former Union Minister, Govt. of India & Gen. Secy. AICC
 Shri GHULAM NABI AZAD, Fmr. Union Health Minister, GOI & Fmr. Chief Minister of J&K
 Shri JAGDISH TYTLER (W/O & D/O), Former Union Minister, Govt. of India
 Smt. SHEILA KAUJL, Former Union Minister, Govt. of India
 Shri T. R. BALU, M.P. & Former Union Minister Govt. Of India
 Late Shri RAJESH PILOT (w/o), Former Union Minister Govt. of India
 Colonel RAM SINGH, Former Union Minister Govt. of India
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 Mr. & Mrs. LALIT MANSINGH IFS (Retd.), Fmr. Foreign Secretary, GOI & Ambassador to USA
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 Shri NAVIN JINDAL, M.P., Industrialist & Sportsman
 Mr. & Mrs. D. P. SINGHAL IPS (Retd.) Former M.P. & Director General Police, U. P.
 Mr. VINOD LAL IAS (Retd.) (w/o), Fmr. Secretary Civil Aviation, Govt. of India

VVIP BENEFICIARIES OF HOLISTIC MEDICARE- 2

Air Chief Marshal S. K. KAUL F(P) (d/o), Former Chief of Air Staff, Indian Air Force
 Air Chief Marshal S. P. TYAGI F(P), Former Chief of Air Staff, Indian Air Force
 Mr. MIHIR SHAH, Former Member of Planning Commission of India
 Mrs. & Dr. DALBIR SINGH, Fmr. Chairman & Managing Director, Central & Oriental Bank of India
 Air Marshal C. K. RAJJE F(P), Fmr. Vice Chief of Air Staff, IAF & D.G. Civil Aviation, Govt. of India
 Air Marshal C. V. GOLE, Air Marshal AJIT BHAVNANI F(P), Former Vice Chief of Staff, Indian Air Force
 Lieut. General (R) w/o HARISH C. DUTTA, Fmr. Commander Central Command, Indian Army
 Vice Admiral KALASH KOHLI (w/o), Former Vice Chief of Staff, Indian Navy
 Lieut. General VELU NAIR (w/o & d/o) Fmr. DG Medical Services (Army) & Dean AFMC, Pune
 Lieut. General (f/o) A. K. BAKSHI, Fmr. Military Secretary to President of India & GOC Corps Army
 Dr. KUSUM SAHGAL, Fmr. Principal, Director & Professor Lady Harding Medical College, Delhi
 Prof. (Dr.) A. K. GUPTA, Fmr. Dean Maulana Azad Medical College, Delhi & Ophthalmic Adviser WHO
 Dr. KAVITA SAMMA (w/o) Dr. S.K. SAMMA, Chairman Sir Ganga Ram Hospital, New Delhi
 Air Vice Marshal (Medical) K. N. Ghosh, Fmr. Principal Medical Officer WAC, Indian Air Force
 Air Vice Marshal (Medical) R. K. Ganjoo (w/o) Fmr. Commandant, Air Force Hospital, Bangalore
SPORTS PERSONS: Chhaya Adak, Rishi Narain, Dhyanraj Pillai, Dilip Tirkey, Jugal Singh, West Indies & Pakistan Cricket Teams Allwyn Kalicharan, Manoj Prabhakar, Nikhil Chopra, Murali Karthik, Rahul Sanghvi
AMBASSADORS / HIGH COMMISSIONERS / DIPLOMATS: Argentina, Bangladesh, Brazil, Ghana, Hungary, Jordan, Kuwait, Qatar, Egypt, Kenya, Nigeria, Sweden, Tanzania, Zambia, Zimbabwe, etc.
SEVERAL JUDGES, CIVIL SERVANTS, DOCTORS, ARTISTS, NRIs, INDUSTRIALISTS, ARMED FORCES, PARAMILITARY & POLICE PERSONNEL, JOURNALISTS, THEATRE & FILM PERSONALITIES, ARJUUNA & PADMA AWARDEES, SPORTS PERSONS & CELEBRITIES, Etc

BENEFITS OF HOLISTIC MEDICINE

1. It treats the human being as a whole, *body, mind & soul*.
2. It offers 'synergy' of drug-free modalities of all the recognised systems of Health.
3. It's equally beneficial at all the levels of health, and at all ages.
4. It helps to take care of all the ailments of an individual concurrently.
5. No drugs, No interventions, No Dope, No Iatrogenesis.
6. It's highly reproducible, universally beneficial, and cost & time efficient.
7. It's very simple and easily accessible; can be rendered anywhere & everywhere.
8. It optimizes healthcare by complementing existing infrastructure at no extra cost.
9. It tremendously enhances skills, leading to greater professional satisfaction of the practitioners and great promise to restore old glory of the medical profession.
10. It improves the QUALITY-of-LIFE & add LIFE-TO-YEARS for each individual
11. It's SIMPLE and easily ACCESSIBLE: anywhere & everywhere.
12. It optimises existing infrastructure at NO EXTRA COST
13. It's Predictable, Reproducible & Sustainable: thus qualifies to be SCIENTIFIC
14. It enhances skills, leading to greater PROFESSIONAL SATISFACTION of the practitioners.

P.S It needs controlled studies to establish scientific credibility

standardisation, and for the fear of unknown hazards of their drug interactions due to such 'mixopathy'. It's resisted by the respective medical councils, and also restricted by an order of the Hon'ble Supreme Court.

- Medical doctors go through such intense rigours to attain their specialty qualifications that they aren't ready to believe that sickness can be overcome without their 'allo' interventions by mere conservative 'life-style' management or drug-free regulation of the 'life-force' by well described traditional, time honoured 'vedic' practices across ancient Indian and Chinese civilisations.
- I, as a versatile medical physician having studied the basis of all traditional AYUSH systems and pioneering the practice of integrative Holistic Medicine with its distinct benefits endorsed by who's who of the country as its beneficiaries, question my peers that why they don't do their self-audit and question the limitations of what they practice, and that why in spite of all the technological gains of the last 3-4 decades, the incidence and morbidity due to all common diseases is

"SOHAM"

INDICATIONS FOR HOLISTIC MEDICARE

INCURABLE PAIN: Headache, Migraine, Neuralgias, Neuropathy, Fibro-Myalgia, Trauma, Phantom Pains, etc.
 PALLIATIVE CARE: Incurable or Terminal Sickness, Cancer, Incurable PAIN.
 PARALYSIS: Trauma, Polio, Stroke, Neuropathy, etc.
 STRESS / PSYCHOSOMATIC DISORDERS: Anxiety, Depression, Chronic Fatigue, etc.
 AUTOIMMUNE DISTURBANCES: Rhd, Arthritis, Nephritis, Thyroiditis, Type-I Diabetes, SLE
 ALLERGY - ASTHMA - ECZEMAS - ATOPIC
 DEGENERATIVE DISEASES: Arthritis, Spondylosis, Disc Disease, Dementia, Parkinson's, Alzheimer's, etc.
 ATHEROSCLEROSIS: HTN, CAD, PVD, SAVE BYPASS, Post-PTCA or CABG, Gangrene, etc.
 METABOLIC & HORMONAL DISORDERS: Obesity, Dyslipidemia, Diabetes M., Gout, Menstrual & Menopausal Disturbances, PCOD, Infertility: Failed ART/IVF, Avoid Hysterectomy, Etc.
 SUBSTANCE ABUSE - ADDICTIONS All Legal or Illegal Drugs
 RESISTANT INFECTIONS: All Bacteria, Fungus, Virus: PUO, - HIV/AIDS, Hepatitis, MDR-TB
 NATURAL CHILD BIRTH:
 ANTI-AGING & COSMETIC Medicine: **FEEL GOOD - LOOK GOOD** Medicine

NO DRUG = NO DOPE

ACCESSIBLE, AFFORDABLE, PREDICTABLE, REPRODUCIBLE & SUSTAINABLE
FULFILS THE OBJECTIVE OF BEING A NOBLE PHYSICIAN

HOLISTIC MEDICINE

HOLISTIC = WHOLESOME & HOLY + SPIRITUAL

INTEGRATED MODERN AYUSH TCAM

QUALIFICATIONS

- It TREATS the Human being as a WHOLE: Body-Mind-Spirit
- It takes CARE of all the ailments of the individual CONCURRENTLY
- It COMPLEMENTS the BEST of all the Systems & Specialities of Medicine
- It aims to CURE, as far as possible, by drug-free NATURAL harmless means
- It adds to the QUALITY-of-LIFE & add LIFE-TO-YEARS of each individual
- It aims to ERADICATE SICKNESS and restore TOTAL WELLNESS
- It should be Predictable, Reproducible & Sustainable = SCIENTIFIC
- It's practiced in the CARE of QUALIFIED & COMPETENT PHYSICIAN
- **SAVES FROM QUACKS**

progressively rising even in most developed nations of the world with optimum medical resources.

- It's because of established limitations of the modern medicine based conventional practice of health that the W.H.O. recommends integration of all the recognised systems of health so that the benefits of each respective system are extended to the sick and minimise their inherent deficiency, inevitable side-effects or cumulative toxicities. For its necessity, the same has been promulgated in our National Health Policy. Unfortunately, the expertise for this optimum integration is not available in the official echelons.
- I may attribute conventional human inertia in the general population as well as the medical profession to change as its first cause.
- The term 'integration' implies prescribing medicines of different systems of health based on altogether different philosophies to a patient at the same time. No one knows the 'hazards' of such 'mixopathy'. It's not acceptable to the respective councils of different systems.
- In the absence of its adoption by the mainstream profession it's being offered as 'magic remedies' by unqualified QUACKS with serious harm to helpless and gullible patients.
- Therefore, I appeal to all concerned authorities to sanction controlled scientific studies at recognised medical institutions, especially in conventionally incurable ailments, to establish scientific credibility of this integrative model of health and give a path breaking lead to the whole of the world.