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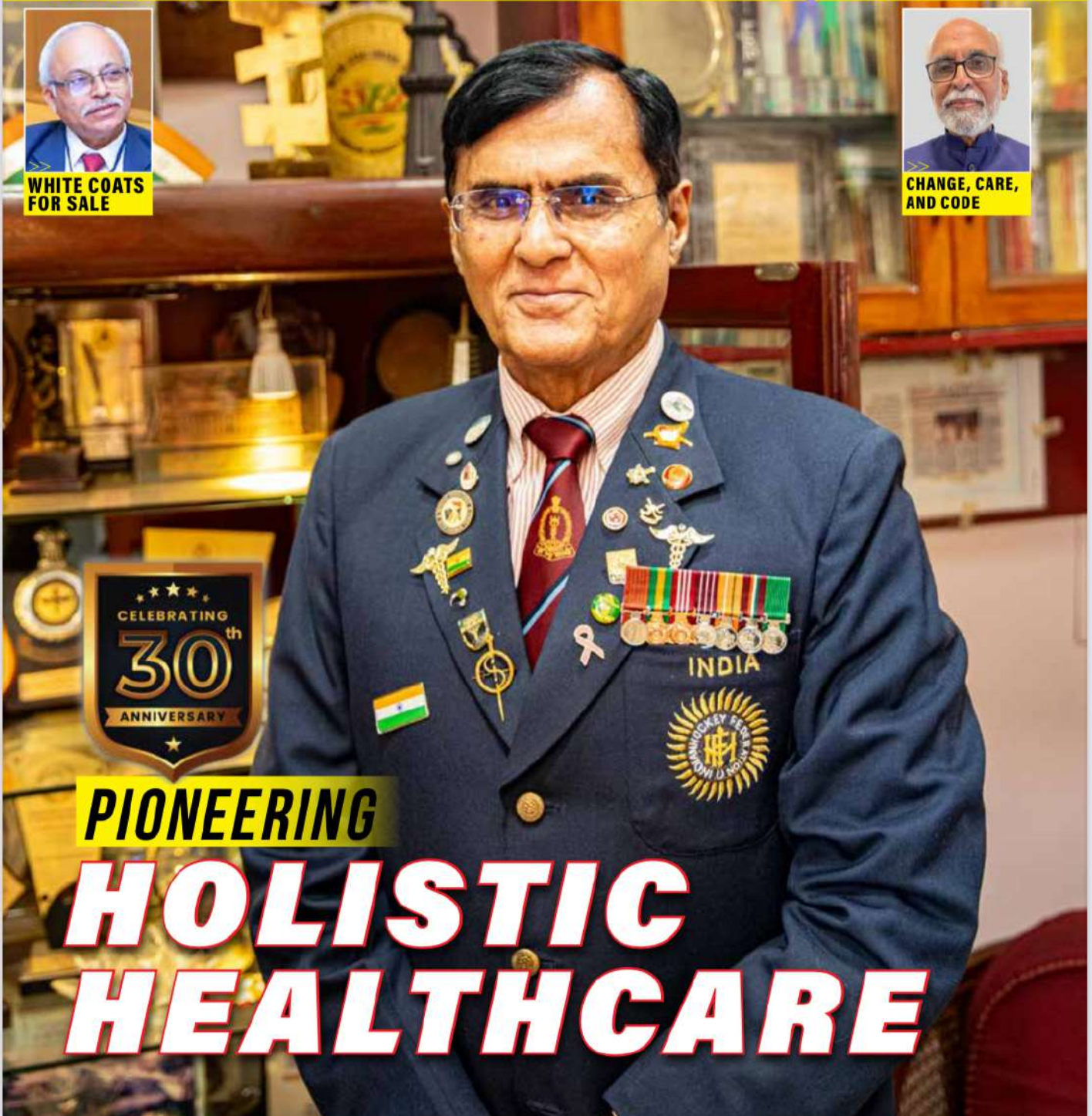
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**WHITE COATS
FOR SALE**



**CHANGE, CARE,
AND CODE**



PIONEERING

HOLISTIC HEALTHCARE



FATHER OF HOLISTIC MEDICINE

BY ABHIGYAN KUMAR TIWARY

In an exclusive interview with Double Helical, **Dr (Prof) R. K. Tuli**, popularly hailed as the “Father of Holistic Medicine”, says that holistic medicine is an ultimate way of treatment. He is the unequivocal pioneer of integrative healthcare in India. He established the world’s first-ever Department of Holistic Medicine at Apollo Hospitals, New Delhi, in 1995—thirty years ago. This initiative was inspired and supported by the visionary guidance of Apollo’s Founder and Chairman, Padma Vibhushan **Dr Prathap C. Reddy**, who had then prophesied:

“Holistic Medicine will be the medicine of the 21st century.”

That prediction has since been vindicated, with the World Health Organization (WHO) endorsing integrative approaches and India incorporating holistic healthcare into its National Health Policy.

This issue of Double Helical is dedicated to **celebrating 30 years of holistic medicine** and the pioneering contribution of Dr Tuli in shaping this field.



COVER STORY - DR R K TULI





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PIONEERING HOLISTIC HEALTHCARE

Modern medicine has given humanity unprecedented tools to fight disease, yet its very success has also exposed its limitations—drug side effects, spiralling costs, and the inability to offer sustainable wellness. Dr R K Tuli—pioneer of holistic medicine in India—has spent more than five decades championing an integrative, holistic approach to healthcare. After establishing the world's first Department of Holistic Medicine at Indraprastha Apollo Hospitals in 1995, he has consistently demonstrated that combining the science of modern medicine with the drug-free art of traditional systems can deliver cure, not just relief. His SOHAM model—focusing on body, mind, and spirit—seeks to redefine what health means in its true sense.

Dr Tuli has worked relentlessly to integrate drug-free therapies such as yoga, acupuncture, naturopathy, and lifestyle interventions with evidence-based modern medicine.

In a free-wheeling and comprehensive interview with Double Helical, Dr Tuli reflects on his journey, and highlights why holistic medicine holds the key to accessible, affordable, and sustainable healthcare for the 21st century.

www.doublehelical.com
AUGUST-SEPTEMBER 2025





COVER STORY - DR R K TULI





Holistic medicine treats the individual as a whole, not just a disease or body part. It is dedicated to sustainable cure, not merely palliative relief.

YOU SET UP WHAT'S DESCRIBED AS THE WORLD'S FIRST DEPARTMENT OF HOLISTIC MEDICINE AT INDRAPRASTHA APOLLO HOSPITALS IN 1995. LOOKING BACK, DO YOU THINK THE PRACTICES AND SPECIFIC CLINICAL PROTOCOLS INTRODUCED THEN HAVE STOOD THE TEST OF TIME?

I was invited by the Founding Chairman of the Apollo Group of Hospitals, Dr Prathap C. Reddy, in 1995 while the Indraprastha Apollo Hospitals in Delhi was under construction, based on feedback from some prominent

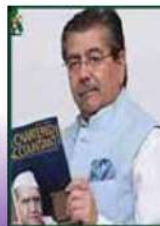
Indian influencers. These individuals, having been his regular patients at Chennai's leading hospital at the time, reported remarkable recoveries from ailments previously deemed incurable by conventional medicine. Dr Reddy was intrigued, wondering how what the world's best medical care couldn't achieve was being accomplished, as one patient after another regained health and became free of all medical support. I explained that these benefits stemmed from complementing the 'science' of modern medicine with the drug-free 'art' of various traditional

COVER STORY – DR R K TULI



A Holistic Approach to Wellness for Everyone

Dr. Pervez Ali Ahmed
Son of former
President of India



"I have known Ravi for over five decades and have always been aware of his exceptional work in Complementary and Alternative Medicine (CAM). Recently, I experienced his expertise on a personal level, both for myself and for my wife, Dr. Anjum. My multiple ailments included post-operative urinary incontinence following surgery for Benign Prostatic Hyperplasia (BPH). The work he is doing is commendable, and the results are outstanding and objectively obvious.

He has the knowledge, dedication, and ability to harness universal energy and utilise it for wholesome benefit. This helped me concurrently overcome all of my other problems, including: low backache; severe coccydynia and sciatica due to prolapsed intervertebral discs and L4 radiculopathy; arthralgia in the left knee and right ankle; seasonal bronchitis; and CAD post-PTCA, among others.

The reversal of all these ailments—and concurrently at that—through the synergy of natural, drug-free modalities, has tremendously enhanced my quality of life and provided relief from medication. I promise him my full support in his mission to promote holistic healthcare."

Dr. Ravi Tuli



Ghulam Nabi Azad
Fmr. Union Minister of
Health, Govt. of India
& Chief Minister of
Jammu & Kashmir

"In year 1989, I developed a disabling LUMBAR BACKACHE with Sciatica for which I was referred to India's best & world class Spinal Expert Dr. Dholakia at the Bombay Hospital. He prescribed 3 months full confinement to bed with 'Pulley & Weight Traction'. On my request the bed was shifted to my residence in New Delhi with a local associate of Dr. Dholakia for the follow-up care. But, a common friend introduced me to the eminent Holistic Medicine Physician Dr. Ravi Tuli with a very versatile background. His drug-free treatment worked like a MIRACLE, as on just the 5th day I was up & about holding a Press Conference reported in INDIA TODAY along with my picture undergoing his needle therapy. By day 9 of the therapy elections were announced. I had no time to look back as I covered a total of 70,000 Kms campaigning across the country by all modes of transport including miles & miles of off-road terrains. I'm here to CERTIFY the EFFICACY of Dr. Tuli's unique therapy that has withstood the Fitness of my Spine more than 30 years later. My best wishes to you Dr. Tuli in your mission of Eradication of all sickness by complementing drug-free harmless traditional means and restoration of Positive Wellness 'BODY- MIND- SPIRIT' in each individual."

Dr. Ravi Tuli



Smt. SHILPA GUJRAL
Poetess & Wife of
Fmr. Prime Minister
Shri. K. Gujral,
being Felicitated by
Shri K. R. Narayanan,
The Hon'ble
President of India

"As a life long patient of 'BRONCHIAL ASTHMA' the condition got worsened, especially with the now advancing age. I had been dependent on Oxygen for some time, but a multi-drug resistant infection with copious yellow and green phlegm was very debilitating. The Head of Medicine at Ram Manohar Lohia Hospital set up an intensive Care bed at my residence with continuous nursing care and twice a day personal visits. But, as the situation seemed to get out of control, the Respectful Physician was very amenable to the suggestion to complement ongoing medical treatment with Holistic Medicine therapy by its eminent pioneer Dr. R. K. Tuli. The latter assured that he can't do any harm as he'd use no additional medication. At the same time, he was confident to add that I'd expect some benefits within 10 sessions of his drug-free therapy with evidence of decreasing dependence on oxygen and antibiotics, etc., in coming days. VIOLA! True to his prediction, I started feeling a degree of comfort by the day. I had not moved out of home for several months. But, on day 7 with all my medical back-up, I decided to attend a function for a short while. Amazingly, I delivered my address and sat through the whole event for more than two hours. It was the turning point in my life. In coming days, the so far resistant infection got totally eradicated and I could breathe better in years! My need for medication has been minimised. Through my personal experience from a hopeless situation to a total restoration of life all over, I'd recommend this drug-free therapy to all. Let's raise its demand to the extent that governments listen to consumer's voice and extend its benefits to ALL to enhance the state of 'विविध मेरु-आयुष्मान धरती'. My best wishes to Dr. Tuli & his team in their Mission 'WELLNESS FOR ALL' beyond best of Modern allopathic medicine."

I AM ABLE TO WALK & TALK TODAY DUE TO DR. TULI'S UNIQUE THERAPY

Dr. Rajeev Kumar



Chairman & MD
PARAM DAIRIES

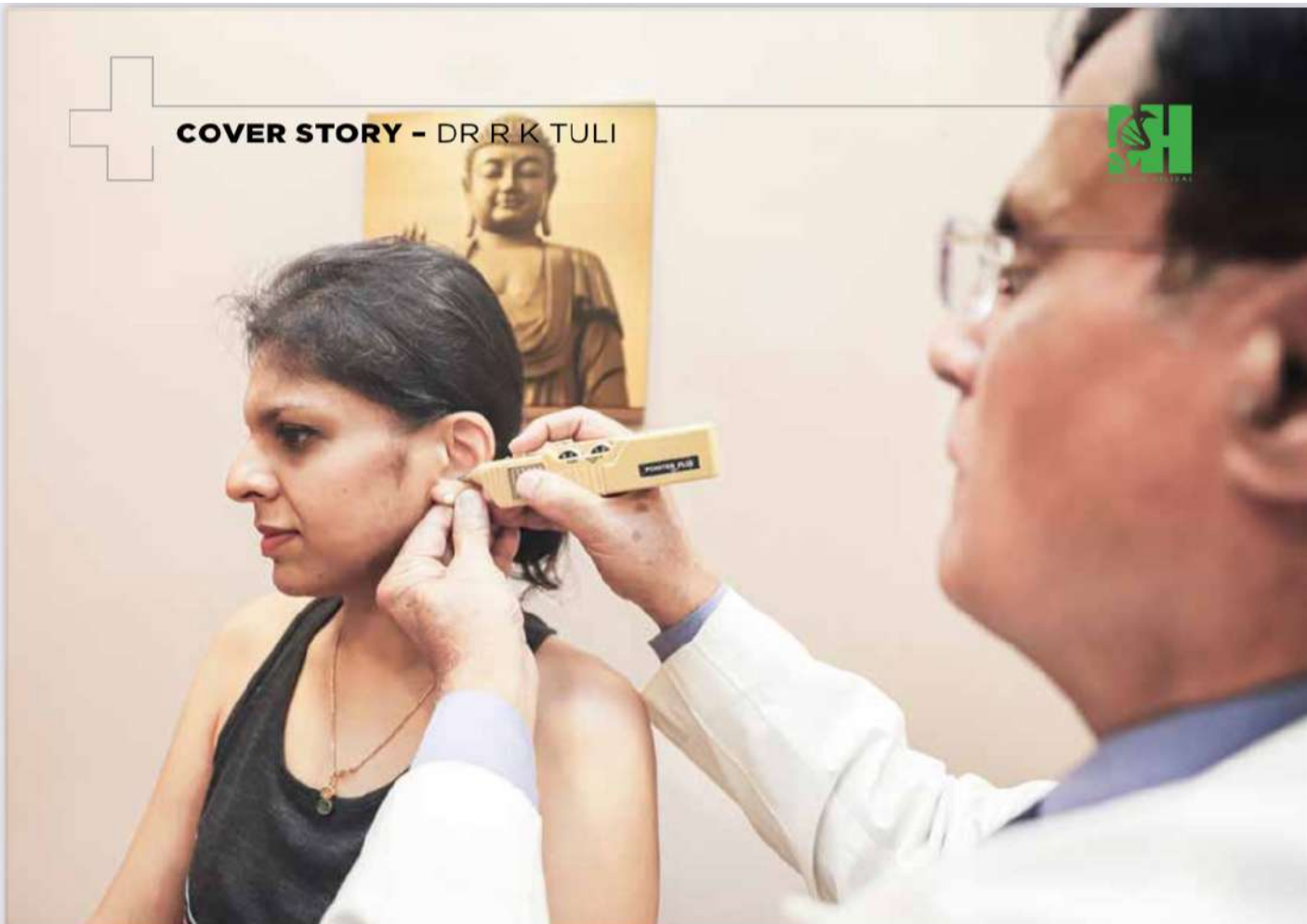
Dr. Tuli's Therapy REJUVENATED me for a New Life. I arrived at "SOHAM" in a state of most miserable health as I was diagnosed with BIPOLAR DISORDER – OCD. I suffered from SLEEPLESSNESS and such FATIGUE & WEAKNESS that my whole body SHIVERED, needing support of 1-2 persons to be able to stand or walk even a few steps with difficulty over previous 4 years; I had Very Disturbed Digestion, Fatty Liver and Type-2 Diabetes too. My treatment by Top Specialists at different hospitals as well as Eminent Alternative Doctors couldn't stop progressive deterioration in my health. But, once under Dr. Tuli's sincere care and with his combination of various drug-free healing modalities, I soon started feeling the improvement. By about six months of his pulsed therapy, I was so well that 3 years later I wish to share that I enjoy the 'Best-of-Health - Better-than-Ever-Before' to say it's been a God sent REJUVENATION for me. I feel on 'TOP of the World'. My whole family PRAYS for success of Dr. Tuli's Mission Health For All - as far as possible without any medication". JAI BHARAT

health systems, a synergy that thrilled him. He immediately exclaimed at this innovative approach and made a visionary statement: "This all-inclusive model, termed Holistic Medicine, will be the medicine of the 21st century."

He offered me the opportunity to establish the Department of Holistic Medicine at his then most advanced and upcoming flagship, Indraprastha Apollo Hospitals, which later became India's first Joint Commission International (JCI)-approved,



COVER STORY - DR R K TULI



years. These protocols integrate evidence-based practices from Ayurveda, Yoga, Naturopathy, and other traditional systems with modern diagnostics, offering a holistic approach that continues to resonate with patients seeking alternatives to pharmaceutical dependency.

However, the journey has not been without challenges. Globally, including among medical peers, there is a perceived threat from the growth of holistic medicine, as its benefits derive entirely from non-pharmaceutical, natural means. Even my advocate for Holistic Medicine, Dr Reddy, could not sustain support for its evidenced benefits due to pressure from vested interests.

SOHAM TALKS ABOUT "POSITIVE HEALTH AND TOTAL WELLNESS" THROUGH A BODY-MIND-SPIRIT APPROACH. HOW DO YOU ACTUALLY MEASURE SUCCESS IN THIS MODEL—FOR EXAMPLE, PATIENT REPORTED OUTCOME MEASURES (PROMS), RETURN-TO-WORK DAYS, OR REDUCED DEPENDENCE ON MEDICATIONS, OR QUICKER RECOVERY?

The name "SOHAM" is of Indian origin. In Sanskrit, it is translated as "I am He" or "I am That," representing the

affirmation of one's microcosmic divinity and its harmony with the macrocosmic universe: every soul has a presence of God in it. God is within.

The "SOHAM" model of health is termed holistic medicine as it's dedicated to achieving positive health & total wellness 'Body-Mind-Spirit' by expanding the World Health Organization's (WHO) definition of health as a "state of physical, mental and social wellbeing" by adding to it the Charaka Samhita-enunciated "spiritual" dimension as the core concept of life.

Each of the ingredients of holistic medicine—comprising lifestyle management through Ayurvedic Dinacharya and Ritucharya; detoxification massages, Bhedan Kriya further developed and presented to the modern world as Chinese acupuncture, Ashtanga Yoga, conservative management of modern medicine as well as clinical psychology & Psycho-Hypnotherapy—have their individual scientific measures of health. Holistic medicine, however, as an optimum synergy of all, enables much better benefits of all, while overcoming their respective limitations.

Thus, its measures of success are PROMs based on subjective and objective parameters: relief from disease symptoms, status of physical, mental and spiritual



Air Chief Marshal
S. P. Tyagi



Former
Chief of Air Staff
Indian Air Force

Dr. Tuli Enabled Me To Set A World Record

"I feel proud to write that a former Flight Surgeon in Indian Air Force, Dr. R. K. Tuli, first correctly diagnosed my condition of **C-7 Radiculopathy** and then with his unique drug-free Holistic Medicine therapy enabled me to fully recover from it within a short time. As a result, I was able to achieve the mile stone of a **WORLD RECORD** to complete Para-Jumps as a serving Chief of Service anywhere in the world. I fully believe in this philosophy of Holistic Medicine for Healthy Life-Style and Fitness."



Dr. SHANTI TALWAR, Awarded by The President of India Sr. Consultant Paediatric Surgeon at Apollo Hospitals and former Director Professor at Maulana Azad Medical College, New Delhi, went to submit her resignation from her job early in the year 2000 due to failed treatment of her Chronic Progressive **Interstitial Lung Fibrosis** leading to falling health causing Breathlessness on Mild Exertion and Extreme Fatigue in spite of advice from experts in U.K. & U.S.A. through global network of her students. She accepted the advice of Apollo's Director of Medical Services, Maj. General B. M. Arora to TRY Holistic Medicine therapy available at the same hospital, then Dr. Talwar felt fully CURED as endorsed by her in her written Testimonial after 4 months of drug-free modalities of Holistic Medicine therapy whereby she endorses the role of "Life-Force" in restoration of her Wellness. She remained active in the profession, in spite of more than two decades added to her age. Her excellence in uninterrupted service earned her the designation of EMERITUS CONSULTANT at the Apollo. The model of her recovery from an incurable sickness and such excellent restoration of health could trigger a wave of replication and save millions of people suffering and dying due to respiratory and other ailments! But, due to lack of support by the "allopathy" entrenched mindset and unawareness of such therapy that essentially eliminates the root cause of all sickness without use of any medication the people like our "सर्व सज्जित माँ" same tabla maestro Padma Vibhushan ZAKIR HUSAIN continue to perish! Mission: HEALTH FOR ALL - सर्व समुदाय विमोक्ष

Dr. KAVITA SAMA
OBG & Fertility
Same Nursing Home



Dr. S. K. SAMA
Chairman
Sir Ganga Ram Hospital

FROM DESPERATE SUFFERING TO TOTAL REJUVENATION

I came to Dr. Tuli in a desperate condition, with unbearably **SEVERE LOWBACK PAIN & SCIATICA** due to Degenerative L-S Spondylosis with PIVDs from L1 to L5 and Spinal Canal Stenosis causing Nerve Roots Compression. I was, also, disturbed with **ANXIETY, SLEEP DISTURBANCE** and Uncontrolled **HYPERTENSION** for previous 2 years; I had past history of CA Breast – Radical Mastectomy; AVN Hip and Both Knee Joints Replacements. As soon as I entered "SOHAM" Clinic and met Dr. Tuli, I got very good vibrations, and a kind of reassuring feeling that I have come to a right place and person to get relief from my symptoms. I felt relieved after only a first few treatments. Today, after the completion of recommended course, I am completely relieved. In fact, I've resumed playing Golf and feel much healthier than in last years! Thank you Dr. Tuli and your very polite & efficient team. May GOD BLESS All of You".

INNOVATION FOR SUSTAINABLE CURE OF ALL AILMENTS CONCURRENTLY NO DRUGS – NO DOPE



"I was referred to Dr. Tuli by my neighbor who had the same problem 'UVEITIS' as mine and had been fully Cured. Besides, I suffered from **Chronic Prostatitis & Bilateral Orchitis** for over 10 years; Cervical & L-S Spondylosis with Periarthritis Rt. Right Shoulder and Osteoarthritis T-M Joints & Both Knees; Also, **Bronchial Asthma & Chronic Sinusitis**; in addition to **Hypertension, Hyperlipidemia and CAD-DVD: PTCA** over the last 20 years. I feel SOO HAPPY to announce that I have been CURED here at this "SOHAM" Clinic of all these problems with drug-free intermittent therapies over the past one year and I do not need any medicines now. It's been a great experience and I strongly recommend to all those who are disappointed by their medications to Come Here, GET WELL, and Live Life All Over Again".

..... Padma Bhushan Awardee AJAI CHOWDHRY
Father of INDIAN HARDWARE & Founder of Hindastan Computers Ltd.

wellness, independence from medication, and sustained degree of overall wellness.

The SOHAM model of holistic medicine measures outcomes through a combination of subjective and objective parameters, focusing on Patient-Reported Outcome Measures (PROMs). These measures include relief from disease symptoms, improvement in health conditions, overall well-being across physical, mental, and spiritual dimensions, freedom from medication, and long-term stability of wellness.

Healthcare utilisation, chronic disease control, quality of life assessments, and patient satisfaction are also used as indicators. By incorporating these metrics, holistic medicine provides a comprehensive understanding of outcomes and allows treatment to be tailored to individual needs.

YOU'VE SAID HOLISTIC MEDICINE CAN HELP WITH MANY CHRONIC AND INCURABLE DISEASES. WHICH OF THESE CONDITIONS HAVE SHOWN THE BEST RESULTS IN YOUR PRACTICE, AND CAN YOU SHARE ANY DATA OR PUBLISHED STUDIES TO SUPPORT THIS?

My evolution from an established versatile medical physician got initiated by observing its instant reproducible benefits in acute/emergency life-threatening situations at remote locations, far from any medical facility. Today, I've the confidence based on my experience of the past 55 years that HOLISTIC word conveys:

It takes care of the human being as a whole—'Body, Mind & Soul'—and not merely a disease or specific part of the body. It's dedicated to sustainable cure, and not merely palliative relief, of all the ailments of an individual concurrently, as far as possible, by harmless natural means.

It complements best practices of modern medicine with drug-free modalities of recognised traditional (AYUSH) systems of health to achieve its objectives.

It helps to restore disturbed 'homeostasis', thereby initiating inherent natural healing of the person. It helps to add 'life-to-years' and enhance 'quality-of-life' of each individual.

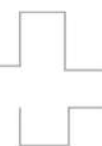


DRUG SIDE EFFECTS ARE THE BANE OF MODERN MEDICINE. HOW FAR HOLISTIC TREATMENTS, WHICH COMBINE METHODS LIKE ACUPUNCTURE, DIET, AND MIND-BODY THERAPIES, HELP TREATMENT WITHOUT ANY ADVERSE EFFECTS?

On record, no medical intervention complies with Hippocrates' dictum, "Primum Non-Nocere"—i.e., First Do No Harm. All the negative effects of medical treatments, interventions, wrong procedures or diagnoses, side effects, reactions, cumulative toxicity, hospital-acquired infections, etc., with negative effects on patient's health or wellness are collectively termed IATROGENESIS, and WHO rates it as the 3rd direct leading cause of death.

Whereas, the major benefit of holistic medicine therapy is that it uses only drug-free harmless life-force supplementing modalities of Ashtanga Yoga, Ayurvedic Dincharya & Ritucharya as lifestyle enhancement and massages for detoxification,





various modalities of acupuncture like moxibustion, reflexology, laser, etc., and Psycho-Hypnotherapy, following the principle "No Drugs – No Dope."

Besides the sustainable reversal of sickness, holistic medicine therapy improves overall physical, mental, emotional and spiritual wellness of each patient, adding 'Life-to-Years' and enhancing 'Quality-of-Life.'

GIVEN THE NEED TO INTRODUCE HOLISTIC MEDICINE INTO GOVERNMENT HEALTH PROGRAMMES SUCH AS THE NPCDCS AND MODERN HOSPITALS, HOW WOULD YOU ENSURE ITS EFFICACY AS WELL AS COST-EFFECTIVENESS AT SCALE?

Holistic healthcare at various levels

with drug-free modalities essentially complements ongoing medical management without any interference. However, with clinical improvement in the patient's condition, the medical support starts progressively weaning under attending specialist care, until the patient is fully cured and regains wellness—by now well versed with a newfound drug-free lifestyle and encouraging others to follow.

Holistic medicare is best achieved by enhancing the skills of existing medical personnel at all levels: promotive and preventive health at the primary level; early detection and reversal of disease at the secondary level without resorting to long-term dependence; and complementing tertiary care for easier recovery and rehabilitation. This applies to all

ailments, including those under NPCDCS.

Thus, holistic medicine with its nationwide campaign at all levels would initiate a culture of highly accessible, acceptable, affordable, and sustainable healthcare with minimal interventions or dependence on high-tech tertiary care. It would enable far higher quality of "Health for All" and lay the foundation for a healthy population to achieve the objectives of Viksit Bharat 2047.

It would also present a model of optimum healthcare to the rest of the world, restoring our nation's status as Vishvaguru Bharat.

HEALTH INSURANCE FOR HOLISTIC CARE IS YET TO TAKE TANGIBLE SHAPE. WHAT KIND OF PAYMENT OR





COVER STORY – DR R K TULI



REIMBURSEMENT MODEL DO YOU SUGGEST TO COVER INTEGRATIVE TREATMENTS IN INDIA?

We need to establish public awareness of the WHO's recommendation for integrative holistic medicine. Its clinical application must be standardised through professional–public debate, followed by establishing credibility with large-scale multicentric pilot projects involving healthcare workers at all levels.

Progressive introduction of this subject into the curriculum of all systems of medicine is necessary, along with preventive measures to ensure it does not fall into the hands of unqualified quacks.

As a first step, it could be introduced into PM-JAY Ayushman Bharat, various government health schemes, and extended by insurance companies.

WITH DIGITAL TOOLS, TELEMEDICINE AND ARTIFICIAL INTELLIGENCE TRANSFORMING HEALTHCARE, HOW CAN SOHAM'S ASSESSMENT MODEL BE ADAPTED INTO A TECH-BASED TOOL WITHOUT LOSING THE HUMAN TOUCH THAT YOU CONSIDER ESSENTIAL IN YOUR PRACTICE?

The personalised human touch, particularly at secondary, tertiary, and rehabilitative levels, shall always retain its value. However, telemedicine and AI can be important tools to reach the masses for primary promotive, preventive, and early detection of disease while enabling simultaneous reversal.

DURING THE COVID-19 OUTBREAK, YOU SPOKE ABOUT UNCERTAIN EFFECTS OF VACCINES AND ALLOPATHIC MEDICINE. LOOKING BACK, WHAT LESSONS CAN BE DRAWN TO STRENGTHEN IMMUNITY AND ENSURE MANKIND'S SUCCESS IN FIGHTING AGAINST PANDEMICS AND OVERCOMING LINGERING SHADOWS OF CORONA LIKE LONG COVID?

Without getting into the controversy of COVID-19 vaccination, the pandemic surely taught the lesson that modern medicine didn't offer any conclusive therapeutic tools against this pandemic. It was startling to read statistics that a country like the USA with its 32 times higher GDP, spending 16 per cent of it on healthcare, had 6–8 times higher incidence as well as mortality compared to our country with its huge population, much higher density, and meagre resources.

This fact cautions serious chinks in a healthcare delivery system with exclusive reliance on allopathic medicine. Thus, the WHO has revised its 2025–2034 strategy whereby it will assist member states in strengthening the evidence base for Traditional Complementary Integrative Medicine (TCIM), bolstering safety, quality and effectiveness, and,



Dr Prathap C. Reddy,
Founding Chairman of Apollo Group of Hospitals.

where appropriate, facilitating its integration into health systems.

As regards immunity, holistic medicine relies on the age-old gospel that human health is an outcome of its dynamic interaction with the environment and its flora, fauna and microbes, designed by nature to render mankind a symbiotic benefit. Vaccines are supposed to provide only partial, acquired artificial protection. A notable limitation of vaccination is revealed by BCG being administered all over our country for the past 70 years. Yet official statistics reveal that roughly 30 lakh people were newly affected with TB, and about 3.5 lakh people died from the disease in 2023.

Holistic medicine focuses on treating the whole person—physical, emotional, social, and spiritual—while integrative medicine combines conventional medical treatments with complementary therapies. Its drug-free modalities are appropriate to complement not only allopathic medicine but also other drug-based systems like Ayurveda, Homoeopathy, Siddha or Unani.

DO YOU THINK IT IS CREDIBLE ENOUGH TO RELY ON PATIENT TESTIMONIALS? DO YOU PROPOSE TO MOVE BEYOND ANECDOTAL EVIDENCE—FOR EXAMPLE THROUGH CLINICAL TRIALS,

“

Besides reversing sickness sustainably, holistic medicine improves overall physical, mental, emotional and spiritual wellness, adding life to years and enhancing quality of life.



REGISTRIES, OR PARTNERSHIPS WITH UNIVERSITIES—TO PUBLISH STRONG PROVEN RESULTS, R&D OR EVIDENCE?

Patient testimonials attain tremendous significance and don't remain mere anecdotal when they share predictably reproduced sustainable benefits, especially in multiple medically incurable diseases progressively deteriorating despite the best of medical care. They don't remain anecdotal when they save lives consecutively not only in remote areas, but even in failed cases in hospital ICUs. They seek attention when they are reported by the Who's Who of the country and abroad, including top-notch medical experts frustrated by conventional treatments.

In fact, all great scientific phenomena like Newton's observation of the fall of an apple or Archimedes' Eureka moment sowed seeds of revolutions that started with single episodes. Many medical procedures were also initiated from single case reports, while several drugs were discovered accidentally. Unfortunately, holistic medicine faces resistance because its benefits come entirely from non-pharmaceutical means. The truth is, nobody wants to lose their long-term revenue-generating clients, even

A MIRACLE IN MIDAIR @ 33,000 Feet



Dr. Satish C. Mathotra
Physician Emeritus
MAAM, Delhi; AMCP
FRCP (England & India)
Mand, Himachal Pradesh

"For our family plus to visit Iceland, on our way to Delhi from Chandigarh, I had breakfast at a wayside restaurant. It lead to severe Nausea followed by incessant Vomiting & Headache through the night. I felt extremely weak & exhausted. No medicine seemed to help! I was rather confused!! Fortunately, during the first leg of our flight to Helsinki, Dr. R. K. Tuli who was walking down the aisle, noticed my distress and approached me. Despite my reluctance to talk, he assured me that simple hands-on 'Reflexology' could help to tide over the situation. He took my arm and started to rub on a few specific spots. Within 10-15 minutes of his therapy based on over five decades of his expertise, the 'Healing Touch' & 'Reassuring Words', to my surprise, helped me feel significantly better. My nausea subsided, and I felt relaxed. In the next one hour, I felt quite normal as the plane landed at Helsinki. By the time we took next flight to reach Reykjavik, I was back to my full Wellness without any medication. The rest of the 19-day stay was excellent. This experience convinced me that it was a probable management and can be effective treatment in some medical emergencies. No wonder Dr. Ravi Tuli is considered 'The Father of Holistic Medicine' having deftly complemented drug-free modalities of various recognized traditional systems of health with his versatile medical background. I now, firmly believe that the system of Acupuncture & its ancillary techniques can be valuable complements to expert hands - even for emergency situations, offering instant relief on the spot without any inherent risks. I THANK Dr. Tuli from the core of my heart & wish him all success in his pioneering efforts as per WHO guidelines towards predictable, reproducible, sustainable & affordable HEALTH FOR ALL."



"I had followed my family legacy of DHIRUPAD SANGEET managing my breathing trouble of 'asthma' with medication all my life. But, it became so bad along with 'hoarseness' of voice that by the year 2002 I couldn't do my 'riyas' to the extent that it was not possible for me to even teach my pupils - depriving me of my very livelihood. At that stage, one of my students brought me to the famous Dr. Ravi Tuli for his drug-free treatment. As if a MIRACLE awaited to happen: from the very first day I could feel unexpected improvement in my voice and my breath. By about day 15, I could resume conducting classes as I received a call for a show at All India Radio which went off to my satisfaction. I regained my full health, breath & voice well before the 30 sessions of treatment prescribed by Dr. Tuli. I could, now, enjoy my health like never before - and amazingly 'No Medication' for the first time in my life!

What's even more surprising is to see happen what I had not even dreamt of and that's the 'buffalo like skin' I was born with turn supple & tender like that of a child!! It's my opinion from this personal experience that whole world should adopt Dr. Tuli's drug-free innovative HOLISTIC MEDICINE therapy as it led to restore my health to an incredible status enabling me to receive the coveted PADMA BHUSHAN as well as the SANGEET KALA AKADEMI awards by the President of India as the highest recognition for any artist."

Padma Bhushan & Sahitya Kala Akademi Recipient: RAHIM FAHIMUDDIN DAGAR, Legendary Dhrupad Vocalist & Rudra Veena Maestro, Nizamuddin East, New Delhi-110003



while professing ideals like "Patient First."

Undoubtedly, it is essential to establish the scientific validity of holistic medicine through large-scale, multicentric, controlled studies. Over the past three decades, I have explored every avenue, seeking support from hospitals, governmental bodies, corporations, or NGOs for scientific validation and research & development (R&D) of this universally beneficial, humane cause, but without success.

I sincerely hope that this story, featured in the prestigious health magazine 'Double Helical', will ignite a breakthrough revolution for the appropriate scientific development of this universally beneficial phenomenon, promising harmless and affordable 'Health for All'.

HAVE YOU EVER DREAMT OF SETTING UP A NATIONAL CENTRE OF EXCELLENCE IN HOLISTIC MEDICINE? WHAT KIND OF ROADMAP DO YOU ENVISION FOR IT IN TERMS OF TRAINING, ETHICS, DATA STANDARDS, AND WORKING WITH MAJOR HOSPITALS?

Certainly, there is a pressing need for a 'Centre of Excellence' dedicated to this most humanitarian cause. My envisioned roadmap includes:



**SACHEEN
RAMCHANDANI**
Deccan Apartments
Khar West
Mumbai-400052

"My life was Saved by Dr. Tuli with an amazing new technique, without any medication. It was our first day at Lunglay Airport on way to our trek to Everest Base Camp (EBC). I had just said Hello to everybody in the team and I was about to take a puff of the INHALER, being a case of **BRONCHIAL ASTHMA** since childhood. The doctor saw and asked what are you doing with this and I said that I need the puff as I'm gonna get the attack. Without waiting or asking he inserted two small pins, I didn't even feel, into me. My attack subsided faster than the inhaler, and he asked me to retain the pins for one hour. Our trek continued uninterrupted, and through the entire trip, in spite of exertion increasing and the air getting rarefied by the step, I didn't need the inhaler for rest of my trek! Now, to tell you more, on the 6th day while we were camping at 4500 meters (15,000 ft) altitude, I felt lifeless in the morning, had a heavy head, and I was not able to even open my eyes. In this near death situation no medical assistance was available. Thus, Dr. Tuli was called to my rescue. I was told that I had turned Pale & Blue, my breath was shallow, my pulse very feeble, and with SpO2 of 60%, it was a case of **ACUTE MOUNTAIN SICKNESS**. He did some Energy Transfer & Needle Free / Laser Acupuncture. Within minutes I could feel being revived; my breath picking up, as I felt "LIFE" flowing all over within me. Just half an hour later, with this drug-free healing, I was able to walk to the bright sun, Breathe deep and Enjoy my breakfast! **MESSAGE:** I would like to make a request to everyone in this time of Covid-19, including the government agencies, all doctors and hospitals to complement Dr. Tuli's drug-free Holistic Medicine Therapy to their protocols as it'd improve outcome of every patients' suffering, serious sickness or the **POST-COVID SYNDROME**."



- **Training:** Establishing a comprehensive curriculum that blends modern medical education with traditional healing practices, training healthcare professionals to adopt a holistic mindset.
- **Ethics:** Upholding strict ethical guidelines to ensure patient-centred care, transparency, and respect for all healing traditions, free from commercial bias.
- **Data Standards:** Implementing rigorous data collection and analysis protocols to document outcomes, ensuring standardised, peer-reviewed evidence that meets global benchmarks.
- **Collaboration with Major Hospitals:** Forging strategic partnerships with leading institutions like Apollo Hospitals, AIIMS, and others to integrate holistic practices into mainstream healthcare, facilitating knowledge exchange and multicentric research. This Centre of Excellence would serve as a beacon of hope, advancing holistic medicine through innovation, inclusivity, and scientific rigor, ultimately transforming global health paradigms.

I have received the highest level of personal appreciation for my dedication to this field from both peers and the public at large. Ultimately, however, the success of this initiative will be measured by its ability to scale these benefits for all, thus embodying the principle of *Sarve Bhavantu Sukhina – Sarve Santu Niramaya*: may all be happy and free from disease. 