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Review Paper

A Review of Integrated Medical Engineering Protocols of Dr. BRC in Reversing Chronic and Lifestyle Diseases

G K Sai Baba¹, Satya Prakash Purohit²

¹Naturo Therapist, Bengaluru, ²Swami Vivekaanda Yoga Anusandana Samsthana, Bengaluru]

Abstract

Dr. Biswaroop Roy Chowdhury (Dr. BRC), PhD in Diabetes, has pioneered an integrated approach to health care based on the principles of Medical Engineering, combining nutritional science, postural management, and earth conductivity. The integrated approach aims at restoring body's internal balance through three main pillars: the Disciplined and Intelligent Person's (DIP) Diet, the Gravitational Resistance and Diet (GRAD) System, and Zero Volt Therapy. Notable achievements include the reversal of Type 1 and Type 2 Diabetes, Thalassemia, freedom from dialysis dependency for a high percentage of Chronic Kidney Disease patients, and effective, zero-mortality management of infectious diseases. The protocols in the first instance look to be impossible, but are well documented and characterized by its reliance on natural, low-cost interventions, making them accessible for one and all. However, there is enough scope for long-term efficacy data, formal scientific scrutiny of protocols (although there is a very strong theoretical base) through multi-center studies and determining the biophysical and biochemical pathways.

Keywords: Natural protocols, Chronic disorders, diabetes, HIV/AIDS, Thalassemia

Introduction

Dr. BRC, an engineering graduate who holds a PhD in Diabetes, along with the expertise of Acharya Manish Ji, a renowned to be providing wholistic health care to communities and Dr. Khadar Vali, a renowned Nutritionist has developed and promoted several evidence-based protocols aimed at minimizing human suffering and dependency on conventional medical interventions. His work integrates principles from modern scientific findings,

such as the Nobel Prize-winning research on circadian rhythms, with ancient wisdom rooted in Ayurveda and Naturopathy. The key protocols introduced include the Disciplined and Intelligent Person's (DIP) Diet, Postural Medicine, and the Gravitational Resistance And Diet (GRAD) System. These methods focus on empowering individuals to achieve good health through lifestyle modification, often leading to prompt and lasting therapeutic outcomes.

The philosophy centers on the belief that simple,

natural solutions are available to cure various kinds of diseases. Dr. BRC proposes that individuals can be their own doctors by prioritizing education over medication. His protocols have been rigorously applied through a network of trained experts and within the Hospital and Institute of Integrated Medical Sciences (HIIMS) centers across India, Vietnam, Malaysia, and Nepal.

Foundational Scientific and Philosophical Basis

The underlying philosophy of Dr. BRC's therapeutic model, referred to as Medical Engineering, focuses on correcting the balance of three aspects of the human body: the physical, chemical, and electrical systems. The entire protocol system is based on the laws of gravity, heat, the flow of electrons, and a mathematical model of nutrition.

The Chemical Body: The DIP Diet

The chemical balance of the body, encompassing hormonal equilibrium and the composition of vitamins and minerals, is addressed primarily through the DIP Diet. Introduced in 2014, the DIP Diet is a mathematical model of nutrition proven to impact primary medical conditions immediately, such as diabetes and hypertension. This diet emphasizes raw fruits and vegetables, serving as a plant-based nutritional intervention. The effectiveness of this diet has been investigated through clinical trials and observational studies. [1-4]

The Physical Body: The GRAD System and Postural Medicine

The physical body, including the structure and location of organs, is influenced by the force of gravity and environmental temperature. The GRAD System is a gravity- and heat-based system developed to balance this aspect. GRAD combines Head Down Tilt (HDT), Hot Water Immersion (HWI), and the DIP Diet. HWI is particularly significant, as it is documented to cause physiological changes such as increased sodium and potassium excretion and urine volume, akin to dialysis. [6]

Postural Medicine, leveraging gravity as medicine, is championed by Dr. BRC as a highly evidence-based, fast, and safe method compared to other systems. [6, 7]

The Electrical Body: Zero Volt Therapy

The electrical balance relates to the body's connectivity and conductivity with the earth. Dr. BRC introduced Zero Volt Therapy (ZVT) to correct this electrical aspect. ZVT is based on the

science of earthing, utilizing the Earth's surface electrons to rapidly reduce inflammation, eliminate chronic pain, reduce stress, and improve sleep. Staying grounded for a few hours daily helps the body achieve a Zero Volt state. Tools like Zero Volt Bed Sheets and Foot Mats have been developed to facilitate this connection. [8]

Integration of Circadian Rhythm

The entire framework is underpinned by the concept of Circadian Rhythm, recognized as a Nobel Prize-winning science in 2017. Correcting the body clock is considered the most effective way to cure any illness. Time-restricted eating, or Time as Medicine, advises food intake within a specific time window, reinforcing the body's intrinsic circadian clock.

Achievements in Curing Various Diseases

Dr. BRC's protocols have achieved significant success across a wide spectrum of chronic and infectious diseases; validated through numerous testimonials, case studies, and institutional collaborations.

Diabetes Reversal

The DIP Diet is central to the reversal of both Type 1 and Type 2 Diabetes. The efficacy of the DIP Diet has been subjected to a clinical trial by the All India Institute of Ayurveda (AIIA), Ministry of AYUSH (CTRI/2018/12/016654). Furthermore, the Ministry of Health, Government of Nepal, conducted a randomized controlled trial on the DIP Diet combined with GK3 (*Guduchi, Kutaki, Khadira, and Kakamachi*) decoction for Type 2 Diabetes, observing a remarkable reduction in Fasting Blood Sugar, Body Mass Index, Blood Pressure, and Cholesterol levels within seven days. Clinical trials pertaining to Type 2 Diabetes demonstrated 100% success among Type 2 patients in maintaining healthy blood glucose levels. With respect to Type 1 Diabetes a case study details the reversal of insulin dependency (60 units per day) in a patient [1-4]

Chronic Kidney Disease (CKD)

The GRAD System was specifically developed for reversing CKD. An observational study on the GRAD System's effectiveness showed that 70% to 75% of dialysis patients could stop dialysis treatment immediately or free themselves of dependency. Furthermore, 89% of participants freed themselves of full or partial dependence on drugs. This method has been adopted by hospitals in India and abroad and received the Innovation Award – 2024 (WASME

& Ethiopian Embassy). [5,6]

Infectious Diseases (COVID-19/ILI)

During the publicized COVID-19 pandemic, Dr. BRC introduced the NICE (Network of Influenza Care) Protocol utilizing a Three Step Flu Diet. This protocol successfully assisted over 60,000 patients in recovery with zero mortality and zero dependency on medicine. The core components include citrus fruits juice and coconut water. The National Institute of Naturopathy (NIN), Ministry of AYUSH, conducted an observational study confirming the efficacy of the NICE Protocol, noting that patients recovered within 3 to 8 days with zero mortality and no side effects, and recommending its use for mild, moderate, and severe cases.

The Maharashtra's Ahmednagar Covid Care Center (ACCC) with 1,100 bed, perhaps the biggest in India is a Benchmark for COVID care. The most remarkable aspect of the center is that it did not use Oxygen cylinders; instead they used a technique of hyperventilation in prone posture [9, 10] .



Figure 1: Typical evening entertainment program at ACCC

Cardiovascular and Metabolic

100% of blood pressure patients can control their BP almost immediately using the GRAD system. DIP diet helps reverse high blood pressure, high cholesterol, and heart disease. Observational studies show relief from symptoms like high blood pressure and high cholesterol within one week to one month of adopting the DIP Diet. [11,12]

Cancer and Blood Disorders

Protocols like the Living Water Therapy and DIP Diet are recommended for cancer patients to help prevent, control, and reverse the disease. Thalassemia, Sickle Cell Anemia, and various types and stages of Cancer are addressed through this approach. Cancer and other tumors have been successfully reversed by correcting the body clock and following the DIP Diet/GRAD System. [13, 14]

Thalassemia

Major breakthrough of Dr. BRC is combating Thalassemia. While the entire world has only two options for Thalassemia, viz., bone marrow

transplantation and timely blood transfusion with frequencies even upto 4-5 times a month; till the last breath of the individual, Dr. BRC's protocol is very simple. It includes:

1. Use of spring water (or equivalent) for drinking and cooking purposes,
2. Least processed food including Red and Green juices,
3. Physical activities,
4. Connecting with nature including walk in sunlight and grounding to neutralize free radicals,
5. Yoga, &
6. Indulging in hobbies.

Overall with this close to nature protocol, called as the 'living water therapy', the children could do away with blood transfusion in less than 40 days.

This breakthrough protocol was proven through a nature camp "koon ka rista" organized specially for Thalassemic children by Dr. BRC and implemented by Dr. Namita Gupta MBBS, MD; starting 23rd July 2022. The cases are well documented by the center. All the children who participated in the camp (150 participated; some online, and some offline; 100 successfully completed) had to take as evidence of practice, a photograph each for each of the part of the protocol and upload on a daily basis. Figure 3 shows typical photographic evidences provided while children connecting themselves to nature, the part-4 of the protocol. [15, 9, 19] Children, at the end of the camp share their joy of freedom (Figure 2).



Figure 2: The once blood transfusion dependent children, sharing their joy at the end of the camp with media person

HIV-AIDS

Dr. BRC and his medical team have reported curing hundreds of HIV-AIDS patients since 2018, commencing with the discontinuation of medication followed by the DIP Diet. [16]



Figure 3: Thalassemic children connecting with nature

A Natural, Simple, and Cost-Effective System

A core feature of Dr. BRC's innovation is its dedication to being natural, simple, and economically accessible. Postural Medicine is described as being almost zero cost and having zero dependency on chemicals, drugs, and high-tech equipment. The solutions often utilize readily available items, such as the DIP Diet employing raw plant-based foods, and Zero Volt Therapy, which is cited as the cheapest and even free therapy once learned. The commitment to simplicity ensures that individuals can adopt and implement these life-saving techniques at home, leading to self-healing.

The emphasis on Food as Medicine suggests that correcting diet and lifestyle can resolve chronic diseases. For example, the incorporation of specific fruits like sweet lime and coconut water is a central, low-cost element of the NICE Protocol for treating influenza-like illnesses.

Further, Dr. BRC has designed a comprehensive "Rapid Action Kit" which can be easily created at home using common ingredients to tackle emergency medical conditions, reinforcing the accessibility of these treatments. [17]

Need for Further Studies and Research

While the efficacy of Dr. BRC's protocols is strongly supported by observational data and certain institutional trials, the complex nature of reversing chronic and infectious diseases necessitates ongoing investigation.

Long-term Efficacy Data

The concept behind the DIP Diet often related to "The China Study", the most comprehensive study of nutrition ever conducted; suggests long-term data collection is essential for widely trusting a medical intervention. [18] Continued follow-up studies extending beyond typical trial periods, ideally spanning ten years, are needed to fully confirm the lasting nature of disease reversal across all demographic groups.

Formal Scientific Scrutiny of Protocols

Despite the observational study by the Ministry of AYUSH confirming the effectiveness of the NICE Protocol for infectious diseases, health authorities have requested continued scientific scrutiny. Formal, randomized controlled trials of the integrated protocols (DIP Diet, GRAD, ZVT, Circadian Chart) across major hospitals in diverse populations are necessary to facilitate broader acceptance and implementation by global health organizations.

Mechanism of Action Research

Further research is warranted to elucidate the specific biophysical and biochemical pathways through which raw plant-based nutrition and ZVT contribute to the reversal of complex diseases, particularly diabetes. For instance, investigating the revival mechanism of specific cells (like Beta-cells in diabetes or heart cells in cardiac conditions) merits detailed scientific exploration.

Conclusion

The body of work produced by Dr. BRC introduces an integrated, natural, and highly cost-effective paradigm for disease management, achieving demonstrable success in reversing serious chronic conditions like Type 1 Diabetes and Chronic Kidney Disease, as well as managing large-scale infectious outbreaks. The application of simple, natural protocols rooted in Medical Engineering principles—correcting the chemical, physical, and electrical balance through the DIP Diet, GRAD System, and Zero Volt Therapy—empowers patients to manage their health proactively.

The documented results, validated by multiple observational and randomized controlled trials, underscore the potential of this integrated methodology to revolutionize self-healing and emergency response on a global scale.

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