



ORIGINAL RESEARCH PAPER

Clinical Research

TRIAL RESULTS OF PERCEIVED MEDICINE FOR PREVENTION OF CORONA INFECTION

KEY WORDS:

Pandemic, Trial, Medication, Homeopathy, Mr.X, Corona, Human, COVID, Arsenic, Camphor, Perceived, Prevention

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Aim To Serve Humanity by continuously conducting the Trial of Perceived Realized / Discovered Infection Prevention Homeopathic Medicine – in current scenario for Prevention of Corona and sharing the information with the world

Background Corona Virus is not a new virus in the air. It has existed since ages and has also come to highlight in 2002-2003 (SARS-1) and 2012 (MERS). The current virus is SARS – 2. However, mutations do happen in the viruses and with different species of origin even their functionality and structure may vary.

However, in the current scenario, there has been no Vaccine so far for COVID 19 and has become a pandemic and a cause of concern to the entire humanity. Till date (October 9, 2020 – 2.43 pm) approximately 1,049,810 deaths have occurred as reported by World Health Organization.



It, therefore, becomes extremely important to try and bring immediate relief to the suffering Humanity may be as part of Palliative or Preventive Care, which will temporarily prevent the human body from getting infected with the virus in order to reduce the suffering and fear

(https://covid19.who.int/?gclid=CjwKCAjwID8BRAFEiwAnUoK1fWoVO4NggRuknwK57S4ePr6tRdBfSHkxCS5jTe0hXS2n7Fud_zGWRoC65AQAvD_BwE)

Objective

1. Continuously doing Test trial of the Perceived Preventive Medicine for any kind of Infection (origin mammal) – in the current scenario Corona Virus for population at large so that effectivity of trial homeopathic medicine is obvious
2. To provide relief to the Suffering Humanity

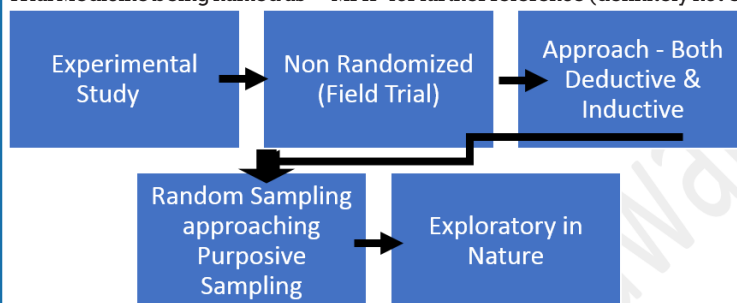
Methodology

1. First I will like to discuss about the approach. Both approaches are involved here i.e. deductive and inductive
 - a. Deductive because we have taken the literature of medicine – how the medicine acts on human beings and what kind of symptoms it can cure – as a drug is first proved on healthy human beings and then included as a Medicine in Homeopathy
 - b. Inductive because, we will be applying the result of action of medicine from the trial group and then generalizing it – as no study has so far been done with this medicine on prevention of Corona Infection Symptoms
2. This is an Experimental Design – where we are doing Field Trial on how Effective is this medicine and plays a helpful role as a Preventive Medicine for any kind of infection in the current scenario Corona
3. It is definitely Random Sampling – because nobody is being forced to take the trial medicine. It is at the will and wish of the person. However, it is definitely from Mumbai City and Thane District only as these areas are close by and we can give the trial dose of the medicine to the interested population. We can also add - this research going in the direction of Purposive Sampling because we plan to produce a sample through experimentation that can logically be assumed to be a representative of the population at large
4. The study is definitely Exploratory – because we are trying to investigate the effectivity of the Medicine on prevention of Corona Virus which has not been defined anywhere. It is a preliminary research to understand the effectivity of the medicine in keeping the population safe from Corona Virus

Inclusion Criteria – People of all ages, caste and creed, having any kind of health problems – however, willing to participate in the trial with their own will and wish

Exclusion Criteria - None

Trial Medicine being named as – “Mr X” for further reference (definitely not Camphor or Arsenic)



What was the need to conduct the Study?

I am a homeopathic doctor, a dietician and nutritionist by profession and attached to a hospital, which is a COVID hospital as well. I have to do my ward rounds with Corona patients and at the same time, I have my family behind at home with senior citizen parents. At the same time, I want household help also to be present at home.

ABSTRACT

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I have to take different modes of local transport to travel from home to hospital and vice-a-versa. Hence, me and my family were highly susceptible to catching the infection when I rejoined work once the local modes of transportation started and essential services professionals were allowed to use the local mode of transportation. Therefore, first I decided to try this medicine on myself, my family members and the household helpers that come to my residence.

It was working; because we just took the normal precautions of washing hands with soap and sanitizer and wearing a mask and wherever possible keeping a safe distance as advertised by the government. We didn't have time and resources to take other precautions or you can term it as over-precautions what others have been doing like

- Washing vegetables in vinegar, some wash it in soap, some keep it outside for 24 hours
- Washing the packaged stuff and keeping them out and so on and so forth..

We did not do all these activities. Rest all the activity in our house was just a normal activity, vegetables would come and would go as it is in the refrigerator. Any packed items coming in the house, they would go in their designated place without any special treatment being applied to them like cleaning the packets with water or soap or sanitizer, nothing!!!

So, when close friends and other family members saw / heard this, they were amazed and asked the reason of not taking extra precaution. I shared the effectivity of the medicine and they said they would also like to try the same. This is how the word spread and people started to take the Trial Dose of the "Mr X".

The reason for naming the medicine as "Mr. X" and not disclosing the name of the Trial Medicine – the reasons are as follows:

1. Keeping in mind the intensity of infection and spread of the virus making it pandemic, an extremely high potency has been used for trial to combat the infection
2. As far as my understanding goes, the effect of the medicine will last long for atleast about an year
3. One dose is definitely going to do wonders. However, repeated dosage may cause temporary side effect where the person may start proving the medicine and cause additional discomfort to the person
4. It is Human Tendency to think, what will one dose do, hence let us take repeated dosages – that is what happened when Arsenic 30 was disclosed as a public savior and people were advised to take only 3 doses consecutively and may repeat after a month or 3 months. However, people took the medicine consecutively for 10 days and multiple doses at a time

Hence, the name of the Trial dose of Medicine I have kept it as "Mr. X"

INTRODUCTION

Before we understand why this medicine has been chosen for trial as a prevention in the corona infection, we need to understand the origin of corona virus. **I am considering only those points of Corona Virus which are essential for arriving at a conclusion to the nearest Perceived Medicine for Trial against Infection – in current scenario Corona Virus Infection.**

Origin of Corona Virus

It is believed to have zoonotic origin (disease breaking the barrier between animals and humans) and has close genetic similarity to bat corona viruses. There is no evidence yet to link an intermediate animal reservoir. It has been referred by various names

- **2019 novel coronavirus (2019-nCoV),**
- **Human coronavirus 2019 (HCoV-19 or hCoV-19).**

SARS-CoV-2 is a Baltimore class IV – i.e. positive-sense single-stranded RNA virus contagious in humans. Taxonomically, SARS-CoV-2 is a strain of severe acute respiratory syndrome-related coronavirus (SARSr-CoV).

How Does Virus Spread & What Is Its Incubation Period – In Simple Layman Language

The virus primarily spreads between people

- **Through close contact** and
- **Via respiratory droplets** produced from coughs or sneezes.
- It enters human cells by binding to the receptor angiotensin converting enzyme 2 (ACE2)
- Some studies have suggested that the **virus may be airborne as well** - with aerosols potentially being able to transmit the virus.
- **Indirect contact via contaminated surfaces** is another possible cause of infection
- **The degree to which the virus is infectious during the incubation period is uncertain**, but observational research has indicated that the virus reaches the pharynx and is at its peak viral load approximately **four days after infection or the first week of symptoms, and declines after.**

So, re-phrasing the above and matching them to the symptoms of the already proved medicine that it can cure for

enabling us to conduct the Trial - we summed up the points as below

- Corona virus are well established pathogens in animals and humans
- Infection that has come from a mammal (bats) to humans
- Corona Virus found in **mammals –are known to infect humans**
- In Humans, they are responsible for majorly infecting epithelial cells of the Respiratory and Enteric / Gastrointestinal Tract (Intestine related diseases)
- The 4 major categories of coronavirus are known by the Greek letters alpha, beta, delta and gamma.
 - o Only alpha and beta coronaviruses are known to infect humans.
- Corona Virus is of Beta type corona virus

<https://www.sciencedirect.com/topics/veterinary-science-and-veterinary-medicine/coronavirus>

<https://asm.org/Articles/2020/January/2019-Novel-Coronavirus-2019-nCoV-Update-Uncoating>

Hence, the medicine taken for trial – needed to meet the following points

- a. The medicine has to be a Nosode – made from a diseased product
- b. The diseased product has to be of mammal origin
- c. The main sphere of action has to be the respiratory and gastro-intestinal system
- d. The homeopathic nosode that will be used for trial – disease should be transferrable from mammals to humans and vice-versa

Hence On The Basis Of The Above Criteria, Keeping All In Mind – Mr. X Was Chosen

1. Common Physical Symptoms that "Mr X" presents are as under

- Recurrent Respiratory Infections
- Headaches
- Recurrent Fever
- Low Appetite
- Diarrhea
- Gradually Going Weakness and Fatigue
- Dry Cough
- Never remains in one place wants to travel (This symptom

was applied to the virus not to the individual)

When we decide a Medicine for any Pandemic / Epidemic Disease in Homeopathy – We need to consider the symptoms that it cures on a larger scale – i.e. the KEYNOTE SYMPTOMS of the MEDICINE that it is indicated for

Review Of Literature For The Medicine

There has not been a lot of research on Corona 19 and all the review of literatures that are currently existing say more or less exactly the same thing. Hence, we have taken just 2 review of literatures here

- 1. Topic - Current & Future Perspective Of Corona Virus**
 - **Link** - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7139247/>
 - **Author** - Heng Li,^{a,1} Shang-Ming Liu,^{a,1} Xiao-Hua Yu,^{b,1} Shi-Lin Tang,^a and Chao-Ke Tang^a
 - **Date of Publication** – March 29, 2020
 - **Summary** – Main points
 - o Both α - and β -CoV genera are known to infect mammals, whilst δ - and γ -CoVs infect birds.
 - o Like SARS-CoV and MERS-CoV, this newly emerged SARS-CoV-2 virus belongs to the B lineage of the β -CoVs.
 - o To date, COVID-19 has spread rapidly in 72 countries, causing >90 000 confirmed cases and over 2946 deaths as of 3 March 2020.
 - o Considering the global threat, the World Health Organization (WHO) has declared COVID-19 a public health emergency of international concern (PHEIC).
 - o However, there are no vaccines against SARS-CoV-2 or specific therapeutic drugs for this communicable disease.
 - o **Thus, a better understanding of SARS-CoV-2 is essential for exploring effective vaccines and drugs.**
 - o In this review, we summarise recent progress in SARS-CoV-2 to provide a framework for the prevention and treatment of COVID-19.

- 2. Topic – COVID 19 infection – origin, transmission and characteristics**
 - **Link** – <https://www.sciencedirect.com/science/article/pii/S2090123220300540>
 - **Author** – Muhammad Adnan Shereen^{ab1} Suliman Khan^{a1} Abeer Kazmi^c Nadia Bashir^a Rabeea Siddique^a
 - **Date of Publication** – March 15, 2020
 - **Summary – Main points**
 - o This virus was reported to be a member of the β group of coronaviruses.
 - o It shows that the transmission rate of SARS-CoV-2 is higher than SRAS-CoV and the **reason could be genetic recombination event** at S protein in the RBD region of SARS-CoV-2 may have enhanced its transmission ability.

- 3. Topic – What CORONA Does to the Lungs**
 - **Link** – <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/what-coronavirus-does-to-the-lungs>
 - **Author** – Panagis Galiatsatos, M.D., M.H.S - is an expert on lung disease at Johns Hopkins Bayview Medical Center and sees patients with COVID-19
 - **Date of Publication** – April 13, 2020
 - **Summary – Main points**
 - o COVID-19, the disease caused by the new coronavirus, can cause lung complications such as pneumonia and, in the most severe cases, acute respiratory distress syndrome, or ARDS. Sepsis, another possible complication of COVID-19, can also cause lasting harm to the lungs and other organs.
 - o Pneumonia associated with COVID-19 may be severe
 - o Galiatsatos notes that when a person has COVID-19, the immune system is working hard to fight the invader. This can leave the body more vulnerable to infection with another bacterium or virus on top of the COVID-19 — a

superinfection. More infection can result in additional lung damage

- 4. Topic – COVID 19 infection – origin, transmission and characteristics**
 - **Link** – <https://www.sciencedirect.com/science/article/pii/S2090123220300540>
 - **Author** – Muhammad Adnan Shereen^{ab1} Suliman Khan^{a1} Abeer Kazmi^c Nadia Bashir^a Rabeea Siddique^a
 - **Date of Publication** – March 15, 2020
 - **Summary – Main points**
 - o Will Vaccine Help?
 - o The bulk are aimed at developing a molecular construct, in some cases a weakened version of the coronavirus, that mimics the antigens of the virus and triggers an appropriate antibody response.
 - o There are complications – such as antibody enhancement – in which insufficient levels of antibodies can actually end up aggravating an infection as in case of dengue.

Methodology Of The Trial Being Conducted

In depth methodology has been explained above. In addition to the above points, following are the steps taken -

- As informed earlier – the trial dose of the medicine was being given only to those who wished to try it. Instructions given were very clear
1. Medicine was dispensed in Distilled water and had to be consumed completely in one go within 24 hours.
 2. Medicine can be taken at any time of the day.
 3. Precautions – half an hour before and after the medicine nothing should be taken
 4. Medicine was consumed at different time intervals (date-wise) by different people.

Hence, after giving the first dose of medicine on June 3, 2020, (not to all the people but given at different time intervals which also has been recorded) we have devised a feedback form to check the effectivity of the Trial Medicine.

Instructions in Feedback form have been clearly mentioned. About 70+ people participated in the trial till now and as and when people come to know about it, they have been taking the same. Further information on questionnaire, graphs and result is being shared in the next section.

RESULT AND DISCUSSION

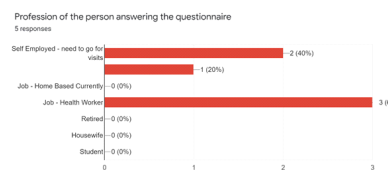
We have taken response from one family member on behalf of the whole family.

1. There were 5 families who responded – covering recorded feedback on google forms of 51 people who have taken the trial medicine, while all others have given the oral feedback. Hence, feedback has been received from one and all to whom the Trial Medication was given i.e 70+ people.

2. The respondents have been asked whether they will like to share their personal details in the printing, everyone has denied it definitely except for my family

3. Gender have been mixed. Both genders have equally taken the medicine

4. The next question was – Profession of People Answering the questionnaire



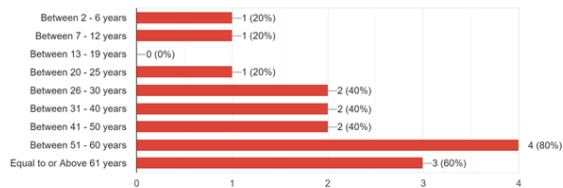
This clearly shows that they have a mixed job profile.

- 60% were health workers – working in the COVID area with Corona suffering patients and
- 40% were self-employed – however had to travel for work.

So definitely there was mixing up with people from other areas – unknown from kind of zone they come from and what was their surrounding – even unknown to the people whom they were meeting

5. What are the different age groups those have consumed the medicine?

Those who have taken the trial medicine in your family - their Age in Years (select all that is applicable)
5 responses



So, we see starting from 2 years of age to above 61 years of age, everyone has taken the medicine – age extending to 70+ as well

Next, I have classified the questionnaire into 2 parts – a. Number Of Family Members Who Have Taken The Medicine

i. Total Number of family members of different families who have replied are 31

b. Did People Give The Trial Medicine To Their Household Help And Other People Engaged With Them From Lower Strata

- i. 40% people did give
- ii. 20 people including the household helpers and their family members

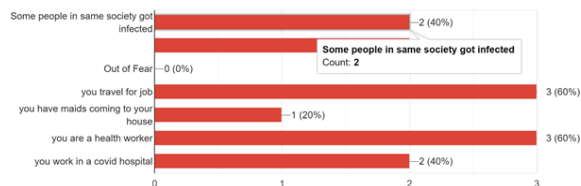
6. What was the time frame of taking the Trial medicine?

One family including their family members along with the household help has taken in terms of months, weeks, or days

- a. Approximate 4.5 months (18 weeks) from today (45%)
- b. Approximate 1 month from today (4 weeks) (35%)
- c. Approximate 1 week from today (20%)

7. What Was The Reason Of Taking The Trial Medication?

Reason of taking the Trial Medicine for you and your family members (select all that is applicable to you)
5 responses



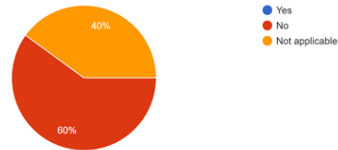
Some people had common reasons. Most important reasons were

- a. Working in a COVID hospital
- b. They are health workers
- c. Travelling for job
- d. Maids coming to the house from crowded places
- e. Some people in same society did get infected.

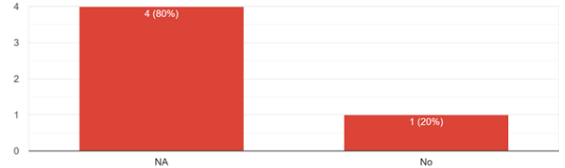
Fear was not present in any of the candidates who took the trial medicine

8. Next question was there any side effect of taking the medicine. There were 2 ways that the question was asked

If taken 2-3 hours after eating did you or any of those who took the trial dose of the medicine have any side effects
5 responses



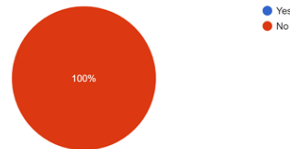
If Yes (if taken within half an hour to one after eating were there any side effects) specifically say what, if no mention NA
5 responses



No side effect of the medicine has been reported so far. People might have got confused with the application of no and not applicable and hence we find both the answers here

9. Now next most important question was, if any of the subjects who have taken the Trial medicine to prevent infection – in current scenario corona – has anyone caught the disease so far

After taking the Trial medicine for Fighting Infection have any of your family members or others caught Corona
5 responses



We have seen that there are health workers, people working in COVID hospital as well, interacting with patients – still no one so far has caught the disease.

Atleast significant study is definitely there about the 45% of people who have taken it about 4.5 months before – and most of them have been high risk people who could have got Corona.

So many health workers have lost their lives because of Corona. As updated On August 29, 2020 by Times of India – 87000 health workers were affected and about 573 dead in India (we do not know if any cases have gone unrecorded or no) and from that time till today there might have been more surge in numbers.

<https://timesofindia.indiatimes.com/india/over-87k-health-workers-infected-with-covid-19-573-dead/articleshow/77814189.cms>

World Health Organization says about 22000 health workers across the globe have been infected across 52 countries and they also say the numbers could be understated, as per news printed on April 12, 2020.

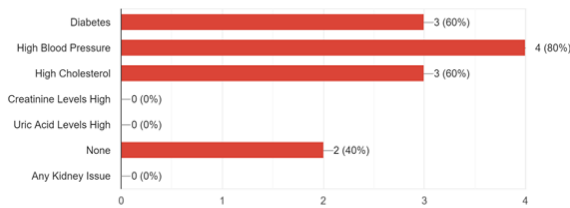
<https://health.economicstimes.indiatimes.com/news/industry/who-says-over-22000-healthcare-workers-across-52-countries-infected-by-covid-19/75107238>

The Numbers Could Be Much-much More Today

10. The next most important questionnaire was, was there any disease these people were suffering from and were they

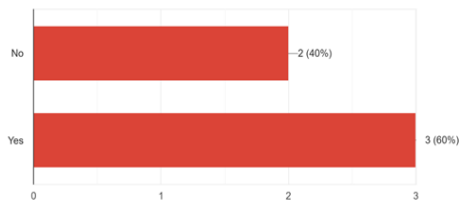
on any kind of medication or have they undergone any surgery in the past to understand if this medicine will work only for healthy individuals or even for immunocompromised people without any side effects

Any Diseases that you or those who have taken the medicine suffer from
5 responses



There were people suffering from Diabetes, Hypertension and High Cholesterol.

Any Surgery that you or those who have taken the medicine have undergone
5 responses



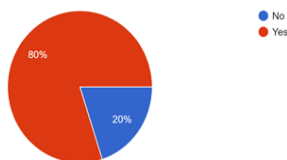
Next question asked was if they have undergone any surgery – 60% families said yes they did undergo some surgery at some point of time in life, **the percentage of people undergoing surgery was only 25% (when we took individual data as to those who have undergone surgery)**

If Yes to the Above Question which one
3 responses



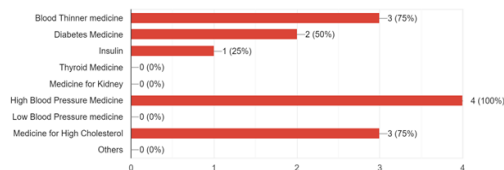
The 3 most common that came out were – Angioplasty, Cancer & Hysterectomy.

Are You or those who have taken the trial medicine on Any Medications
5 responses



80% families are on some or the other kind of medication and last not but the least. Meaning 4 out of 5 families have members taking the medicine. And when we took individual data – out of this 55% (39 people) total people were having some or the other medication who have taken the Trial Medicine

If yes to the above Question - tick the right ones
4 responses



People were on Blood thinners, diabetic oral pills, insulin, hypertension medicine, medicine for high cholesterol.

CONCLUSION

Hence, it clearly shows that

- People of all age groups,
- Both genders,
- Whether healthy or already suffering from some kind of systemic disease and
- On various kind of medication or
- Have undergone surgery

Have taken the Trial Dose of the Medicine and have been healthy so far, without any side-effects despite working with Corona Patients or Travelling for Work and getting exposed to unknown people and surroundings who may or may not be having the infection.

Further Recommendations And Line Of Work

- A. So, applying this specific research now to the generalized population at large, my recommendation to higher authorities would be to definitely try out this trial homeopathic medication in order that the
- Current Emergency can be minimized
 - We can save a lot of Human Lives

We need to further test this trial medication for prevention on population at large and as far as costing is concerned, it is extremely low. Hence till the time Vaccination is out, we can use this medicine and reduces the incidence of the disease globally

B. Additionally a lower potency of the same medicine can be used for trial for sick patients to help them strengthen the respiratory system as homeopathic medicines are known to completely heal the Human Body – as is evident from the last 2 studies mentioned in the review of literature and many others floating on the internet -which have the same idea and consensus that there is a probability of the disease weakening the respiratory system. **I am sure, “Mr.X” – the homeopathic medicine can do wonders in healing the humanity at large – definitely needs to be evaluated further**

Acknowledgement

I thank all those who have participated in the trial medicine to prevent infection – in the current scenario Corona from the bottom of my heart with folded hands and with a lot of Gratitude to each one of you.

My Professional Profile

Brief Introduction - Dr Vidushi Agrawal

Dr Vidushi Agrawal has grown in practice through continuous observations and clinical trials & successfully treated over 4000+ patients in last 10 years

It is just not practice, treatment and cure that is the aim of Dr Vidushi Agrawal, but believes in Educating her Clients, Students, the society – that is how SHE PROVES HER EDGE OVER THE OTHERS – by Quality Assurance in Content of Lectures, Methodology of Communication, Quality Control by Monitoring & Identifying Defects in Procedures, Performance And Integrity Criteria, And Motivation for Self and Others.

Qualities of Dr Vidushi Agrawal

Dr Vidushi is a Self-Motivator, Competent with Skills, Experience & always Hungry for Right Knowledge – not only acquiring but sharing as well. She believes in Identifying Defects, Finding Measures to Control them with respect to Business Needs, and Rectifying them to the Best Of The Available Resources.

- **Dr Vidushi Agrawal believes in Research** – hence when

she goes out in public, she does a lot of research from the ancient scriptures, books – connecting them with modern research and bringing them out in the public

- **Dr Vidushi Agrawal believes in Quality (Record Keeping Procedures)** – hence she follows strict procedures and noting down procedures, which avoid any errors in data collection. Therefore, she has an ISO certification for all her procedures & trying to go for further empanelments to enhance further the record keeping procedures
- **Dr Vidushi Agrawal believes in Client Satisfaction (be it a student or a patient)** – hence, she has kept a Turn Around Time of 24 hours and she makes it a point to answer their query in time

We will first start with her Educational Profile, Her current associations, past associations, her social profile, Aim in Life, honors and awards, and achievements and landmarks. But before that we will see a few links to her videos, where she is an Educator – be it at Society Level or Medical Level – making it known to them either in the form of lectures or interviews or through skits

Links To Few Important Videos As An Educator

Field of Medicine – In the form of Lectures

- <https://www.youtube.com/watch?v=hAyGp94DqBM&t=4s>
- <https://www.youtube.com/watch?v=irAoec-AF-w&t=3s>
- <https://www.youtube.com/watch?v=Pkr0G1g66XI>
- https://www.youtube.com/watch?v=ac_rtzFyXul&t=66s
- <https://www.youtube.com/watch?v=itOshUjd3M&t=5s>
- <https://www.youtube.com/watch?v=FELTpp017AI&t=22s>
- <https://www.youtube.com/watch?v=dhiBGCGzCR4&t=6s>
- https://www.youtube.com/watch?v=o_G6sdzan74&t=5s

Field Of Medicine In The Form Of Videos

- <https://www.youtube.com/watch?v=GVHG0aaCBAA&t=353s>

Field Of Social Issues In The Form Of Skits

- <https://www.youtube.com/watch?v=H2M01oj5jik&t=9s>

Field of Social Issues in the form of Interviews

- <https://www.youtube.com/watch?v=jz6bHdMitg&t=2>
- <https://www.youtube.com/watch?v=1EI2gvThr6U&t=15s>
- <https://www.youtube.com/watch?v=qnlMf3iAW34&t=4s>
- <https://www.youtube.com/watch?v=0iY4fXpHtc&t=4s>
- https://www.youtube.com/watch?v=myBdWI2yk_c
- <https://www.youtube.com/watch?v=SoIx6TjLXG0>

Field Of Social Issues In The Form Of Lecture

- https://www.youtube.com/watch?v=2iln8aeK_VM&t=72s
- <https://www.youtube.com/watch?v=pMGfZUwsmw0&t=198s>
- <https://www.youtube.com/watch?v=9J-y6kPNBrU&t=2s>
- https://www.youtube.com/watch?v=18o8PSKaM_Y&t=28s

Additionally Dr Vidushi Agrawal

Is Guiding Students from Indira Gandhi Open University for their Thesis and Internship (**Recently started in Feb 2020**). She makes it a point to take their feedback – after their successful submission of the project. Here is the link to the feedback of the students:

https://docs.google.com/forms/d/e/1FAIpQLSerIDByjSxZ0pLPdGOVQN46TZevjN7MX1SCTbiX-_BDrVtUkA/viewanalytics

Operating Educational Forums on Whatsapp & Facebook & link to her feedback form is as follows:

<https://docs.google.com/forms/d/e/1FAIpQLSeyMCpl-4bF2zB6wkW4mZ0TyAPN-povfNixOQDF1uEqSNm0w/viewanalytics>

With an aim in Mind to Educate the Society further in terms of Diet and Nutrition – Dr Vidushi Agrawal has written a book, the title being “Nutrition & Nature with Intelligence, Justice and Sustainability – FIRST CORRECT BITE – DISCOVER TRUTH & UNTRUTH”. **Copyright done**

Concept of writing this book - Today's google gives a lot of contradictory ideas about nutrition, but just states – does not give the reason why this or that. Hence, it confuses the society and sometimes they end up harming themselves

How is her book different from the information on Internet: Dr Vidushi Agrawal believes a lot in the Ancient Indian Scriptures. Hence, she has kept Vedic Literature as the base and connected various information whether what people are following or mentioned online and with scientific explanations proved the correctness of the information and given the right solution so that the society is educated and hence no confusion in understanding and following ideas on diet and nutrition

Educational Profile

- Completed **DHMS from Mumbai University** through Yerala Homeopathic Medical College in 1998 – **Mumbai University**
- Completed **HMD from London University** through British Homeopathic College 1999
- **MSc DFSM in Dietetics & Nutrition in 2017 from Indira Gandhi National Open University** & has written a thesis based on Dr Vidushi practical experience in treating variety of cases, titled – “**Alkaline Diet – An Answer to Most Modern Lifestyle Diseases**”
- Recently started pursuing Fellowship in Diabetes Course (June 2020) – to keep herself upgraded with latest development in the treatment of Diabetes

Professional Ties

Current Associations

- Association with **VCare Diagnostics since February 8, 2014 as a Consultant Dietician, Nutritionist & Physician,**
oNabard,
oRBI,
oQuantam and many more
- **Head of the Department** for the Dietetics & Nutrition Department in **Riddhi Vinayak Multispecialty Hospital** since 2016 – patients from,
oESIC,
oRailways,
oMahatma Jyotiba Phule Arogya Yojna and many more
- Into the field of **Independent Medical Practice since 2000 as a Homeopath & as Dietician & Nutritionist since 2009**
- **With Arunoday Laboratory – Borivali West**

Past Associations

- Surbhi Hospital - Kandivali Thakur Complex, Mumbai
- Orchid Hospital - now renamed as Manav Kalyan Hospital - Kandivali Thakur Complex, Mumbai
- Riddhi Siddhi Maternity Hospital - Thakur Village, Kandivali East, Mumbai

Social Profile

a. Conducting **Breast Cancer Awareness Camp** in the city of Mumbai, both in Remote Areas & Group of Middle Class & High Class Society: **Dr. Vidushi has conducted over 100 such camps with participation of more than one lac / 0.1 million plus people and benefitting them**

b. Spreading the **Awareness of Swachhta** & has re-named the campaign as “**Swachhta – Ek Swayam Seva**” - which is again linked to Prevention of Diseases both in Remote areas and Developed Areas of the City – **Dr Vidushi interviews**

people on the streets; be it kids, young or people of old age; trying to take our respected Prime Minister's Swachhta Campaign ahead and helping people to stay more healthier besides the concept of clean city

One of Dr Vidushi latest video that Dr Vidushi has made on the concept of "Swachhta – Ek Swayam Seva" can be viewed on the link

<https://www.youtube.com/watch?v=ZMT7KQzmvwA&t=1110s>

c. Lectures on various topics like **Heart Diseases & Importance of Diet for Senior Citizens, Importance of Diet in Ante-natal & Post-Natal Cases and for Kids and their parents & many more touching the lives of almost 20000 + people through various seminars and lectures**

d. Dr Vidushi Agrawal has recently taken up the campaign against Diabetes. As per research by different organizations, **India has become the Diabetes Capital Of The World.** Hence, Dr Vidushi has decided to take this issue up amongst people and if possible **also reach out to the government** to take this up as a public issue. With rich practical experience, Dr Vidushi believes **if changes are done in the Food Distribution System of India**, which is in the hands of the Government of India, **incidences of Diabetes can be reduced to atleast half amongst the Beneficiaries of Food Distribution System & thus expense on Government Treasury be reduced which is being given to the people in Below Poverty Line Category through various schemes (Dr Vidushi Agrawal has a small project report ready on this)**

e. Writing articles with indexed journals, newspaper.

f. Blogs & Videos on YouTube both in Hindi and English, so that people of all strata can be introduced to the concept of Healthy Diet. Language should not be a bar

Aim

Health is A Mission. Awareness is the First Step. Aim is to Create

- **Awareness on Reasons of Disease**
- **Awareness on Their Prevention or**
- **Awareness on Better Manage Diseases In the Current Circumstances**
- **Role of Natural Food in Prevention of Most Modern Lifestyle Diseases**

When Diet is Wrong, Medicine is of No Use.

When Diet is Correct, Medicine is of No Need.

Moto

"Observe Nature. Nature guides and tells us the correct proportion of Nutrients to be consumed".

Honors & Awards

After **19 years of Hard Work** put in, I have been & is being recognized in the field of Dietetics & Nutrition by different Esteemed Organizations

- **BEST DIETICIAN & NUTRITIONIST - FOR MUMBAI** on December 19, 2018 - **WORLDWIDE ACHIEVERS**
- **Samman Chinh - Human Rights Organization** on December 23, 2018
- **Most Inspiring Woman Achiever for Excellence in Dietetics & Nutrition from Mumbai: Blinkworld -** January 20, 2019
- **Excellence in Diet & Nutrition - Indian Health Professionals Awards 2018 -** January 26, 2019
- **Excellence in Dietetics & Nutrition Award - National - International Achiever's Awards Summit by Research Excellence & Academic Awards -** 2019 on February 1,

2019

- **Best Doctor in Nutrition & Dietetics –** February 22, 2019 – **Medgate Today Magazine**
- Profile in **Forbes India Magazine** published on March 18, 2019
- **Besides the Awards, received lot of testimonials from Patients, which can be seen on Dr Vidushi website <http://www.dr-vidushi-agrawal.co.in/>**
- **Best Doctor in Treatment of Diabetes through Natural Cure – Delhi – May 24, 2019**
- **Fight Against Diabetes –** Lecture in Berlin Germany – June 2019
- **Pratigya Awards for Social Awareness in Breast Cancer –** June 30, 2019
- **Best Doctor in Treatment of Diabetes through Natural Cure – RULA Awards - Trichy – August 15, 2019**
- **Leadership in Diabetes Treatment Thru Natural Diet and Outstanding Public Initiatives –** Breast Cancer Awareness – November 30, 2019
- **ICONIC Women of the Year Award –** March 8, 2020
- **Research Excellence Award – Research in Alkaline Diet – An answer to Most Modern Lifestyle Diseases –** May 2020 – INSC Awards

Has Received a Special Recognition Certificate from Respected Member of Parliament - Shri Gopal Shettyji for her work in Breast Cancer Awareness

Achievements & Landmarks in Treatment

- **Treated Diabetes: Diabetes which is thought to be non – reversible, successfully treated the same** by not only reversing Diabetes through Diet Only but also **preventing the Amputation of Leg** in a most recent case of Dr Vidushi Agrawal
- Helped Patients in the **reversal of Osteopenia and Osteoporosis** only through Diet in patients of all ages, which in turn helps them to have stronger bones and prevent easy fractures
- Helped **lower down Cholesterol Levels & maintain the same** of Patients **only through Diet, which has helped patients to prevent heart related problems**