

Bharat Vaidyaka Sanstha

Public Charitable Trust Mah/f/4843 Pune, Website: arogyavidya.org, bharatswasthya.net

Contact: Dr Shyam Ashtekar, 21 Cherry Hills Scy, Anandwalli, Nashik 422013, ashtekar.shyam@gmail.com

Appeal for Donations for Research on Diabetes Reversal

The popular Effortless weight loss (EWL) campaign led by Dr Jagannath Dixit has entered a new chapter of diabetes reversal. Hundreds of diabetic and pre-diabetic individuals have experienced miraculous personal benefits of weight loss, improved diagnostic parameters like HbA1C and fasting insulin. This has kindled a hope of getting rid of type 2-diabetes, a dreaded lifetime metabolic disease for millions. The EWL lifestyle change deserves a fair and rigorous scientific enquiry, which alone will be able to prove its worth for the global scientific approval.

To pursue discovery of truth, research has to be independent from influence and conflict of interest. Hence we have proposed a study at 5 Diabetes Reversal centers (DRC) including Nagpur and Nashik in Maharashtra, with a qualified team of doctors and statisticians, and due approval of an Institutional Ethics Committee from Nashik region. This year-long research will involve about 500 diabetics following the EWL program, with another 1000 controls. *The pilot project has been already started at Nashik on 24th November 2018 and should be complete by July 2020*

Bharatvaidyaka Sanstha (BVS) is undertaking this research. BVS has a 25 year track record of public health projects. The Arogyavidya and Bharatswasthya websites have had millions of visits so far. BVS has assigned this task to dr Shyam Ashtekar, MD (Community Medicine) as Principal investigator and several others as co-investigators. The project will be “ **A Multi centric 3-arm prospective controlled study of reversal of diabetes**” and on pro-bono basis (without any personal monetary benefits). This is a charitable activity to be undertaken as public health research of national and wider importance. The researchers are free to publish the study in appropriate form after completion as per decision of the Principal investigator and co-investigators in consultation with the research advisory board

The clinical costs of lab investigations etc for this project will be borne by ADORE trust Pune separately. These research project costs of training, supervision, data management, helpline etc for all five centers will be done by BVS through donations. The approximate costs of the project for 18

Bharat Vaidyaka Sanstha

Public Charitable Trust Mah/f/4843 Pune, Website: arogyavidya.org, bharatswasthya.net

Contact: Dr Shyam Ashtekar, 21 Cherry Hills Scy, Anandwalli, Nashik 422013, ashtekar.shyam@gmail.com

months are 10L. For details see table below¹. We appeal to all well-wishers of this project to generously donate!

Madhav Palshikar, 9403774523

(President Bharat Vaidyaka Sanstha)

Dr Shyam Ashtekar, 9422271544

Secretary and Principal Researcher

Account details. Bharat Vaidyaka Sanstha, S/ Act 30976858433, SBI Nashik GP Road branch IFSC SBIN0007497, **The trust has 80 G concession for donations** Ref: ITO NSK/CIT/2010-2011/3089, PAN AAAAB2575N

1

Research and monitoring costs for all five centers costs/DRC

6 DRCs

Equipment: BP machine, tapes, stadiometer, digital weight machine & calibration costs

10000

50000

Stationary, office costs/anum

24000

120000

Software & IT services at DRCs and central part

40000

220000

Call center costs for support & Helpline

50000

250000

filed work support /one per 5 centers: annual costs for part time

40000

200000

Travel/training of volunteers

20000

100000

Estimated TOTAL costs for 5 centers

940000