



Temple of Healing

Registration No: E-6136(Thane)

No: TOH / 10/Jul/2019

19th July 2019

Director General - CCRAS
Jawahar Lal Nehru Bhartiya Chikitsa &
Homeopathy Anusandhan Bhawan, 61-65,
New Delhi - 110058

Subject: Application for Grant-in-Aid of EMR Proposal – Ayurveda Category

Sir,

With the above cited subject, kindly find herewith a Research Proposal entitled “The Comparative, prospective & clinical study to evaluate the efficacy of Cleansing Therapy, especially the Liver Cleanse, for disease prevention and health promotion” for your kind consideration and to grant financial assistance of Rs. 18,82,000/- (Rupees Eighteen Lakhs Eighty Two Thousand Only) Annexure No.1 of the enclosed, under the cited scheme.

Anticipating for further positive response.

With regards,

Yours sincerely,
For Temple of Healing

Dr Piyush Saxena
Secretary

Encl: EMR Proposal

RESEARCH PROPOSAL UNDER EMR SCHEME 2019 – 2020
FOR NON COMMUNICABLE DISEASES (NCD)

AYURVEDA

Section-A

1.	Title of the Research Project:	A comparative, prospective and clinical study to evaluate the efficacy of Cleansing Therapy, especially Liver Cleanse, for disease prevention and health promotion.
2.	Details of the Institution submitting the research project	
	Name:	Temple of Healing
	Postal Address	5/1202 NRI Complex, Nerul West Navi Mumbai 400706
	Telephone:	22785361 / 9321093210
	Fax:	
	E-mail:	cureyourselfindia@gmail.com
3.	In case of Individuals submitting the Research project:	N.A
(Name of the collaborating institute may be cited in S. No. 2 above)		
	Name:	
	Postal Address	
	Telephone:	N.A
	Fax:	
	E-mail:	
4.	Name and Designation of Principal investigator:	Dr Dimple N Gohil
	Co-Investigator(s):	1. Dr Piyush Saxena
		2. Dr Hetal P Pabaria
	Consultant (s):	Clinician & Academician
5.	Duration of Research Project:	1 year
	i. Period required for pre-trial preparations:	3 months
	ii. Period which may be needed for collecting the data:	6 months
	iii. Period that may be required for analysing the data:	3 months


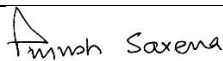

6. Amount of Grant-in-aid asked for:

	Total	1st Instalment	2nd Instalment	3rd Instalment	Total Remaining Amount (10%)	Withheld amount (10%)
Salary		30%	30%	30%		
Equipment		30%	30%	30%		
Books		30%	30%	30%		
Other Non- Recurring Expenditure		30%	30%	30%		
Recurring Expenditure		30%	30%	30%		
TA/DA		30%	30%	30%		
Institutional Support		30%	30%	30%		
Fee of PI and Col		30%	30%	30%		
Miscellaneous expenses		30%	30%	30%		
Total		30%	30%	30%		

DECLARATION AND ATTESTATION

This is to certify that we have read the provisions, and terms and conditions mentioned in the Extra-mural Scheme, along with its Annexure and Guidelines, as formulated by the Ministry of AYUSH. We shall abide by the relevant provisions contained under the EMR Scheme and General Financial Rules of Govt. of India.

Name and Signature:

a) Principal Investigator	Dr. Dimple N Gohil	
b) Co-Investigator(s)	1. Dr. Piyush Saxena	
	2. Dr. Hetal P Pabaria	

Signature of Head of the Organisation

TEMPLE OF HEALING



**(Dr Piyush Saxena)
Founder Secretary**

Place: Navi Mumbai

Date: 19th July 2019

LIST OF DOCUMENTS ENCLOSED:

1. A copy of the Memorandum of Association, Rules and Regulations of the Institutions under which it has been established.
<file:///C:/Users/piyush.saxena/Desktop/D%20drive%20data/Piyush/Word/FCRA/Trust%20Deed.pdf>
2. A copy of the certificate issued to Registrar, Office of the Charity Commissioner, Thane, Maharashtra State; under Maharashtra Co-op Societies Act, 1960.
<file:///C:/Users/piyush.saxena/Desktop/D%20drive%20data/Piyush/Word/FCRA/Regn.%20Certificate.pdf>
3. A brief note on activities conducted in 2018 enclosed.
4. Ethical clearance certificate from IEC/IAEC (Also to be submitted by Institutions mentioned under 5.2)

Section-B

DETAILS OF THE RESEARCH PROJECT

1. Title of the project:

A comparative, prospective and clinical study to evaluate the efficacy of Cleansing Therapy, especially Liver Cleanse, for disease prevention and health promotion.

2. Aims & Objectives

- a) To evaluate the effectiveness of the Liver Cleanse in improving the overall energy and efficiency of individuals who are not suffering from any ailments and not undergoing any treatment
- b) Effectiveness of Liver Cleanse on cardiac patients currently taking conventional medicine to lower their LDL cholesterol and other associated parameters
- c) To evaluate the mechanism and effectiveness of Liver Cleanse among patients with metabolic syndrome
- d) To observe the effect of Extra Virgin Olive Oil in Liver Cleanse
- e) To assess the therapeutic efficacy, safety and cost effectiveness of Liver Cleanse as an additional treatment method to the standard management of metabolic syndrome (MetS).
- f) To observe the effect of Liver Cleanse toward promoting general well-being and improvement in quality of life

Introduction

Cleansing Therapy is an alternative healing and cleansing technique propagated by Dr Piyush Saxena after years of research and successful trials. It is based on the concept of cleansing toxins from various parts of the body using natural and common place products, found in our kitchens or in neighbourhood stores.

Inspiration for the idea: The inspiration for the idea came from two distinct yet complementary situations. One: The Cleansing Therapies have proven to be effective and credible beyond doubt among a large number of people for several years, including the common man as well as celebrities. Two: These therapies use ordinarily found, regularly used, and ironically, often least used material found in nature. This makes them highly useful, safe and preventive for most people.

Strengths of Cleansing Therapy: The three core strengths of Cleansing Therapy include -

1. It uses naturally occurring, beneficial substances, which are found in abundance (barring a few cases) in nature.
2. It is completely safe with no known or reported side-effects even after several decades of practice. However, these therapies are yet to be publicized among the masses.
3. These cleanses are easy to administer and can be self-administered in most cases.

Safety First. Dr Piyush Saxena has scientifically tested the efficacy and effects of all materials used in Cleansing Therapy over the decades, besides successfully testing the cleansing routines on himself before advising these cleanses to others. Following Dr Saxena's path, his family members, friends and many acquaintances have successfully tried these therapies and received amazing benefits. Several celebrities have also whole-heartedly endorsed these therapies **without any financial considerations**. In more than fifteen years of practicing Cleansing Therapy, Dr Saxena has **not received even one case of an adverse effect**. In fact, the number of beneficiaries increase every day.

Liver and non-communicable diseases

The economic consequences of non-communicable diseases are immense due to the combined burden of health care costs and loss of economic productivity. A study commissioned by the World Economic Forum concluded that the world will suffer a cumulative output loss of \$47 trillion between 2011 and 2030 because of non-communicable diseases and mental illness, of which, nearly \$30 trillion will be attributable to cardiovascular diseases, cancers, chronic pulmonary diseases and diabetes.

Metabolic and behavioural risk factors, including unhealthy food diet, inactivity, obesity, hyperlipidaemia, diabetes and alcohol, among others, are the most common causes of non-communicable diseases.

After human skin, the liver is the largest organ in the body. In many ways, it is the most important organ in the body and is often overlooked when it comes to health. It is a large and complicated organ involved in nearly 200 bodily functions. Generally

speaking, the liver performs a vital role in regulating, synthesising, storing, secreting, transforming and breaking down different substances in the body. Some of these include:

- Regulating fat stores
- Cleansing the blood and discharging waste products
- Neutralising and destroying toxins
- Metabolising proteins, including manufacturing new body proteins
- Metabolising alcohol
- Managing chemicals and drugs in the blood
- Aiding the digestive process by the production of bile
- Helping the body resist infections by producing immune factors and by removing bacteria from the blood stream
- Storing vitamins, minerals and sugars
- Producing energy quickly when needed
- Controlling the production and excretion of cholesterol
- Maintaining hormone balance
- Regenerating its own damaged tissue

The liver is so important to our well-being that many healers maintain that most diseases cannot develop in the body (in fact, no form of cell degeneration can occur) if the liver is functioning to its optimum efficiency. Conversely, an unhealthy liver is very likely to be at the root of many serious health problems.

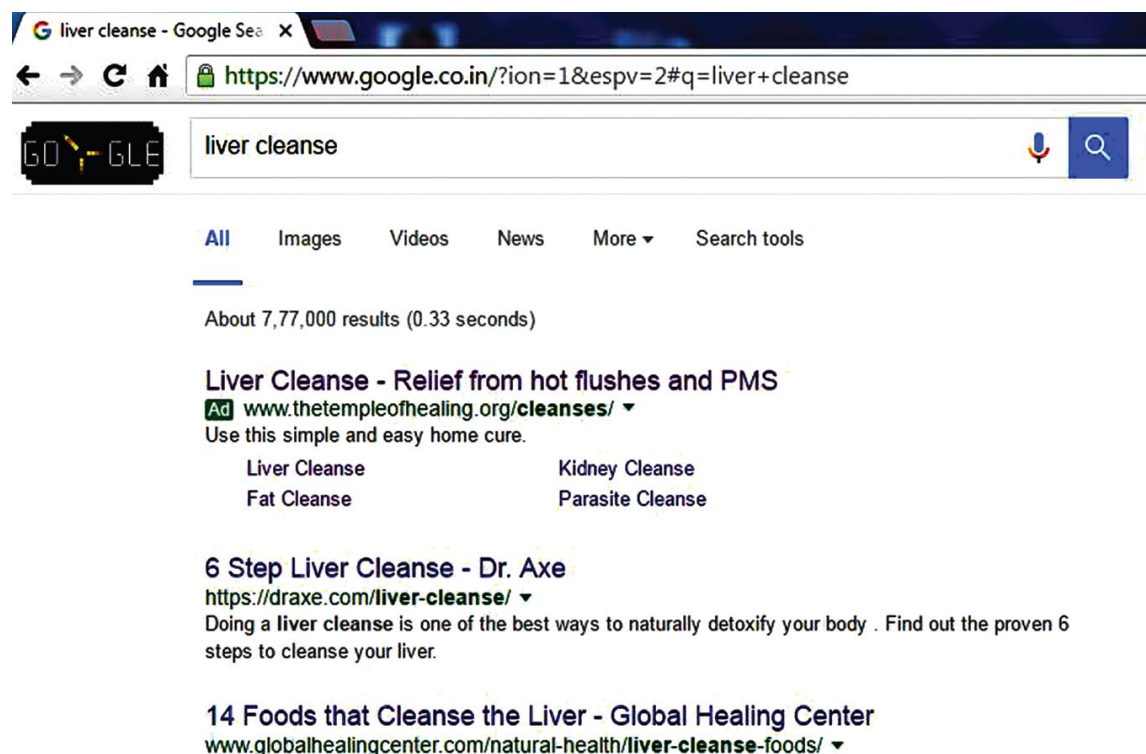
The liver is the primary filter of our body. Good health is impossible without proper functioning of the liver. Unfortunately, over time, we abuse and overtax it to a point that illness is inevitable. As part of a program to rebuild and repair the liver, we must:

- Remove all excess fat from the liver
- Allow bile to flow freely again
- Eliminate toxic wastes filtered by the liver
- Dissolve and expel accumulated gallstones stored in the liver
- Regenerate damaged and destroyed cells of the liver

History of Liver Cleanse

There seems to be no recorded history of the Liver Cleanse. However, nearly 7, 77,000 websites appear on Google Search for 'Liver Cleanse'. Of these, nearly 2,35,000 contain videos, 17,100 contain news and 45,100 contain books. Some of these websites mention that this therapy has an ancient origin, but it seems to have been into popular practice for barely 20 years in the United States. All articles and books are have been written recently.

Dr Piyush Saxena has been promoting this therapy in India since 2004. He started practicing the therapy at a time when his own health was in bad shape and he had no hopes for survival. A single Liver Cleanse gave him a new lease of life and he decided to promote it. He also shared it with his relatives and friends, besides delivering lectures on the subject. In addition, his articles have been published in various newspapers and magazines, and he has appeared on various radio and TV shows. His book 'Cure Yourself' was first published in 2008 and a revised upgraded edition titled 'Cleansing Therapy – Cure Yourself' was published in 2016. In 2014, he produced a talk show called '*Apna Ilaaj Apna Haath*' which is available on YouTube and his websites www.drpiyushsaxena.com and www.thetempleofhealing.org. Moreover, Dr Saxena's organisation, 'Temple of Healing', has been granted a Google Ad Grant of 10,000 USD in lieu of the work done in the field of health.



Screen shot of a google search on 'Liver Cleanse' shows our website prominently at number one rank

The Google Ad Grants program supports registered non-profit organizations that share Google's philosophy of community service to help the world in areas such as science and technology, education, global public health, the environment, youth advocacy and the arts.

Dr Saxena does not charge any fee, nor accepts any donation or promotes any products. He has experimented the efficacy and safety of almost all cleanses and

recommendations on himself, his wife, father, mother, son and daughter, before promoting it to others.

Liver Cleanse (popularly known and practiced throughout the world as Liver Cleanse/ Flush) uses Extra Virgin Olive Oil and Epsom salt for treatment. The therapy is widely used around the world - nearly 50,000 patients have been treated with no reported side effects in India itself. Many people have undergone this therapy in the knowledge of a PI and random checks by reviewers/ researchers have proven that the beneficiaries are extremely happy with the results. It is, therefore, imperative that scientific bodies validate this practice scientifically.

It is imperative to document the widely practiced Cleansing Therapy that covers 28 various body parts and illnesses, including anger, body odour, breast, depression, ear, eye, fat, hair, intestine, joint, kidney, liver, lung, mouth, nose, ovaries and PCOS, pancreas, parasite, penis, prostate, skin, throat, thyroid, tooth, uterus and fertility, vagina and virility cleanse, among others. However, the current study will only exploring Liver Cleanse, the master cleanse of Cleansing Therapy.

Process

The Liver Cleanse is an eighteen-hour long process and has been reported to eliminate toxins and LDL cholesterol from the body in the form of green stones (soft floating stones) from the body.

These processes are highly effective in cleaning the micro and macro channels of various organs and detoxifying at the cellular level in the body.

This study proposes to scientifically validate the effectiveness of the widely practiced Cleansing Therapy, especially the Liver or Master Cleanse. If the study results in a positive outcome, its impact on managing epidemic of non-communicable diseases will be immense.

Nature, being the mother of mankind, has always had a soothing effect on us. But, in the thirst for modernization, man has disobeyed nature's law of eating raw food and living in forests without possession of material objects and created massive destruction.

Material & Method

i. Source of data:

ii. Method of collecting data:

A pro-forma will be prepared with the purpose of documenting historical data, physical signs and laboratory investigations. The signs and symptoms will be stored and analysed by standard method of statistical analysis.

iii. Plan of study:

This study proposes to enrol 40 participants in each group in a randomised, controlled, parallel and open label trial. Extra Virgin Olive oil and Epsom Salt will be used for the study.

iv) Detailed therapy procedure (currently in practice):

2:00 pm - Start the Liver Cleanse	Stop food intake until 11 am the next day Mix 80 gm (20 gm X 4 sachets = 80 gm) of Epsom salt in 800 ml of water
6:00 pm - Dose 1	Drink one glass (200 ml) of the Epsom salt mixture
8:00 pm - Dose 2	Repeat the procedure by drinking another glass of Epsom salt mixture
9:45 pm - Prepare medicine	Mix 175 ml of Extra Virgin Olive Oil with nearly the same quantity of juice
10:00 pm – Dose 3	Drink the medicine (mixture of oil + juice)
6:00 am - Dose 4	Have the third dose of Epsom salt mixture
8:00 am - Dose 5	Have the second dose of the Extra Virgin Olive Oil and fruit juice (75 ml + 75 ml) mixture
10.00 am - Dose 6	Have the fourth and final dose of Epsom salt
11.00 am - Concluding the course	The Liver Cleanse is now over. You may start eating any food

Inclusion criteria

Participants aged between 30 to 60 years will be voluntarily recruited from the community, and their stool will be screened for MetS on the basis of the diagnostic guidelines of the United States National Cholesterol Education Program (NCEP) and Expert Panel Adult Treatment Panel (ATP) III criteria. According to this criteria, an individual diagnosed with MetS has three or more of the following characteristics:

- i. Central obesity (waist circumference exceeding 90 cm for a male and/or 80 cm for a female)
- ii. Hypertension (systolic pressure equals or exceeding 130 mm Hg or diastolic pressure equals or exceeds 85 mm Hg)
- iii. Elevated blood glucose [fasting glucose level equals or exceeds 5.5 mmol/L (100 mg/dl)]
- iv. Elevated plasma triglycerides [level equals or exceeds 1.70 mmol/L (150 mg/dl)]
- v. Low level of high density lipoprotein-cholesterol (HDL-C; level equals or is less than 40 mg/dL for male and 50 mg/dL for female)

Exclusion criteria

- i. Patients with discrete lumps which are suspicious of malignancy after clinical, imaging and cytological examination
- ii. Patients suffering from serious systemic disorders, such as renal disorders, T1D, CAD, CVS, among others, and are drug addicts.
- iii. Patients who prefer surgery over the longer and conservative treatment approach
- iv. Patients undergoing any drug therapy and associated therapy (i.e. chemotherapy, etc.)
- v. Pregnant women and lactating mothers
- vi. Any life-threatening diseases

Participants who meet the inclusion criteria will be selected for either the Liver Cleanse or the control groups. They will not be allowed to select their group. Randomisation and allocation to trial group will be done using a computer program. To ensure acceptance of the protocol, waitlist control groups will be offered the Liver Cleanse upon completion of the study. Total duration of course will be one month. During this period, subjects will attend four measurement sessions – before beginning the intervention (as a baseline), after the intervention therapy, and after one month of intervention when all biochemical parameter and clinical examinations will be done.

Statistical analysis using SPSS package will be done on data with the help of statistical expert after completion of study.

Criteria for withdrawal

1. If a serious condition or an adverse effect occur during the course of the trial requiring urgent treatment.
2. Patients himself / herself wants to withdraw from the trial

Ingredients used in Liver Cleanse

Extra Virgin Olive Oil:

In our research, we did not find any studies on consumption of 250 ml of extra virgin olive oil. For the Liver Cleanse, it is consumed raw, and the end result is diarrhoea, as suggested by the therapist. None of the patients suffer any discomfort due to raw oil.

Epsom Salt / Magnesium Sulphate:

The site <http://reference.medscape.com/drug/mgso4-magnesium-sulfate-344444> explains the dosage of Epsom salt, which is therapeutically used to treat **Hypomagnesemia, Ventricular Arrhythmia, Seizure, Prophylaxis**, etc. However, they have prescribed a maximum dosage of 20 grams per 48 hours. There is no research for the salt's oral consumption with Extra Virgin Olive Oil for a Liver Cleanse, in any particular serial order. The following link explains the dosage protocols:

<https://www.healthline.com/nutrition/epsom-salt-benefits-uses#uses>

All the cases reported have faced some diarrhoea and have recovered well the next day and feel a lot better after losing gallbladder stones. We have already advised pregnant women, post-operative patients who have undergone major surgery in the past 3 months, severe diabetic patients and those suffering from stomach ulcers not to perform this cleanse during this trial. However, many such patients have already done a Liver Cleanse under telephonic supervision of Dr Piyush Saxena, who suggests reduction in dosage on a case-to-case basis, after examining the patient's symptoms.

Contradictions:

On a few websites, there are contrary reports about the Liver Cleanse, but these are from people who have not experienced the cleanse themselves. Though, a few of them are highly qualified people.

Data presentation

The data obtained of a single group will be statistically analysed by applying suitable statistical formulas to determine the efficacy of the cleanse.

Hypothesis

1. **Null hypothesis**
2. **Alternative hypothesis**

If the null hypothesis is rejected then alternative hypothesis will be accepted.

1. Preliminary work already done by the Investigator - selection of subjects, standardisation of methods, with results
2. Links with other projects (ad-hoc, task force or collaborative). **None**
3. List of important publications of last 5 years of the all the investigators in the relevant fields. **Attached as Annexure**
4. Detailed research plan (the design of study, indicating the total number of cases/samples to be studied, the mode of selection of subjects specially in experiments involving human beings, equipment and other materials to be used, methodology/techniques to be employed for evaluating the results including statistical methods any potential to obtain patents, etc.) See page 9, Material and Method
5. Facilities in terms of equipment, etc. available at the sponsoring institution for the proposed investigation. Yes – all are available

References

- i. Cleansing Therapy – Cure Yourself – Dr Piyush Saxena, Shanta Publishing House
- ii. Clark Hulda R., The Cure for all Diseases, Chula Vista, CA: New Century Press, 1995.
- iii. Liver flush & Liver Cleansing & gallstones: Frequently asked questions (FAQ). Cure Zone posting, accessed Feb 18, 2007.
- iv. <http://whale.to/c/andreas.moritz.-.the.amazing.liver.cleans.pdf>
- v. Lake R., Liver Cleansing Handbook: How to Keep Your Liver Happy, Book Publishing Company, 2000.
- vi. Chrohn J, Natural Detox: The Complete Guide to Allergy Relief and Prevention, Point Roberts, WA: Hartley, 1996.
- vii. Kapoor LD. CRC Handbook of Ayurvedic Medicinal Plants. Boca Raton (FL): CRC Press; 1990.
- viii. Factors Influencing Magnesium Absorption and Metabolism in Ruminants. J. P. Fontenot, V. G. Allen, G. E. Bunce, J. P. Goff. Journal of Animal Science, Vol. 67 No. 12, p. 344-345.
- ix. Physiological Effects of Feeding High Levels of Magnesium to Sheep. Journal of Animal Science. H. Chester-Jones, J. P. Fontenot, H. P. Veit, K. E. Webb.

BUDGETORY PROVISION for Kind Approval

S. No.	Purpose	Justification with lump-sum cost	Details	Total Amount Rs.
i.	Staff Medical officer – 1 (Ayurvedic doctor)	For interacting with patients and organising Liver Cleanse	@ Rs. 50,000/-pm x12 months	Rs. 12,00,000/-
	Lab technician	To collect blood samples and other parameters	@Rs18,000/-pm x 12 months	Rs. 2,16,000/-
	Data Entry Operator (DEO)	For data entry and analysis of the collected data	@Rs18,000/-pm x 12 months	Rs. 2,16,000/-
ii.	Contingencies 1. Recurring	For biochemical parameters	@ Rs 1,000 x 100	Rs. 1,00,000/-
	2.Non recurring	Equipment and travel	@ Rs. 50,000/-per annum	Rs. 1,00,000/-
iii.	Overhead charges	Miscellaneous		Rs. 50,000/-
iv	GRAND TOTAL (Eighteen Lakhs Eighty Two Thousand only)			Rs. 18,82,000

Inclusion and Exclusion Criteria of Each Randomized Controlled Trial (RCT)

RCT	Inclusion Criteria	Exclusion Criteria
Appel et al ¹⁴	Persons not taking antihypertensive medication who had a systolic BP of 120–159 mm Hg and diastolic BP of 80–95 mm Hg Age ≥ 25 years BMI of 18.5–45.0 kg/m ²	Regular use of drugs that affect BP Renal damage and/or Type 1 diabetes Use of weight-loss medications Previous cardiovascular event Congestive heart failure Angina Cancer diagnosis or treatment in past 2 years Consumption of alcoholic drinks > 2 Litres/week Pregnancy, planned pregnancy, or lactation
Hansson et al ¹⁵	Age 50–80 years Hypertension and diastolic BP between 100 mm Hg and 115 mm Hg	None reported
Wing et al ¹⁶	Age 65–84 years	Any life-threatening illness
	Free of hypertensive drugs for ≥ 1 week before study-entry visits	Contraindication to ACE inhibitor or diuretic
	Systolic BP of ≤160 mm Hg or diastolic BP of ≥ 90 mm Hg (if systolic BP was ≥140 mm Hg)	Plasma creatinine concentration >2.5 mg/dL Malignant hypertension
	Absence of cardiovascular events within previous 6 months	Dementia
ALLHAT study ¹⁷	Age ≥55 years Stage 1 or stage 2 hypertension	History of hospitalized or treated symptomatic heart failure and/or known left ventricular ejection fraction of < 35% At least 1 additional risk factor for coronary heart disease
Sacks et al ¹⁸	Age ≥22 years Average systolic BP of 120–159 mm Hg and average BP of 80–95 mm Hg	Valvular Heart disease Renal insufficiency Diabetes requiring insulin Special dietary requirements Intake of alcoholic drinks > 14Litres/week Use of antihypertensive drugs or other medications that would affect BP or nutrient metabolism

BP = blood pressure; BMI = body mass index; ACE = angiotensin-converting enzyme.

Section-C

BIODATA OF THE PRINCIPAL INVESTIGATOR (PR)

1. Name: **Dr Dimple N Gohil**
2. Designation: **Senior Homeopathy Practitioner**
3. Address: **Flat No. 5/80 Neo Shastri Nagar
Mulund Colony, Mulund West, Mumbai -
400082**
- Telephone Number: **09833202069, 07021245731**
- Email: **cureyourself.homeopathy@gmail.com**
4. Date of Birth: **14/07/1980**

5. Educational Qualification: Degrees obtained (Begin with Bachelor's Degree)

Degree	Institution	Field(s)	Year
BHMS	Nashik University	Homeopathy	2004
PG (Homeopathy)	Hahnemann College of Homeopathy, London, UK	Homeopathy	2014

6. Research Experience

Duration	Institution	Particulars of work done
2003-2004	Nashik University Nashik,	Scope of Homeopathy in Treatment of Rheumatoid Arthritis

7. Other Experience (Apart from Research) – N A

8. Research specialization (Major scientific fields of interest) -
Homeopathic Drug Provings

9. Financial support received

- a) From the Ministry of Health and Family Welfare

Past **NIL**

Present

Pending

- b) From the Ministry of AYUSH

Past **NIL**

Present

Pending

- c) From other Institutions

Past **NIL**

Present

Pending

10. Research projects in hand under EMR Scheme of Ministry of AYUSH: None
11. Research Projects in hand under any other Grant-in-aid scheme of Government of India : None
12. Other research projects, if any: None
13. Recent publications (last 5 years, with titles and references), also papers in press
14. Other information, if any: None



(Dr Dimple N. Gohil)

Date: 19th Jul 2019

BIODATA OF THE CO - INVESTIGATOR (1)

1. Name: **Dr Piyush Saxena**
2. Designation: Propagator Therapist, Cleansing Therapy and Founder Secretary, Temple of Healing, a charitable trust (registered with Charity Commissioner Thane, having IT exemption under sec 80(G) for promotion of health) and recipient of Google Ad Grant of US \$ 10,000 pm since March 2015
3. Address: **5/1202 NRI Complex, Nerul,
Navi Mumbai – 400 706**
Telephone Number: **022-22785361 / 09321093210 / 09867050000**
Email: [**cureyourselfindia@gmail.com**](mailto:cureyourselfindia@gmail.com)

4. Date of Birth: **14-05-1959**

5. Educational Qualification : Degrees obtained (Begin with Bachelor's Degree)

Degree	Institution	Field(s)	Year
B.Sc.	Allahabad University	Physics	1977
M.A.	Allahabad University	History	1979
Ph.D	American W Univ.	Naturopathy	2005

6. Research/Training Experience

Duration	Institution	Particulars of work done
2004-2017	Temple of Healing	Compiled, experimented and experienced the cleanse and then promoted it.

7. Research specialisation (Major scientific fields of interest) : **Cleansing Therapy**

8. Important recent publications (last 5 years, with titles and References), including papers in press
- Articles published in newspapers and magazines, <http://thetempleofhealing.org>
 - Talk show on TV/ Radio
 - Published a talk show of 7 episodes "Apna Ilaaj Apne Haath" available on YouTube. <https://www.youtube.com/watch?v=LvNzNLkVdOY>
 - Published book: 'Cleansing Therapy – Cure Yourself' in Oct 2016
 - Published Hindi updated edition of 'Cleansing Therapy – Cure Yourself' in June 2019
 - Compiled and experimented 28 cleanses in total which are available on his websites www.drpiyushsaxena.com or www.thetempleofhealing.org

9. Financial support received

1. From the Ministry of Health and Family Welfare

Past **NIL**

*Present

*Pending

2. From the Ministry of AYUSH

Past **NIL**

*Present

*Pending

3. From other Institutions

Past **NIL**

*Present

*Pending

10. Research projects in hand under EMR Scheme of Ministry of AYUSH : **NIL**

11. Research Projects in hand under any other Grant-in-aid scheme of Government of India: **NIL**

12. Other research projects, if any: **NIL**

13. Recent publications (last 5 years, with titles and references), also papers in Press: **Nil**

14. Other information, if any: **NIL**

 Piyush Saxena

(Dr Piyush Saxena)

Date : 19th July 2019

BIODATA OF THE CO - INVESTIGATOR (2)

1. Name: **Dr Hetal P Pabaria**
2. Designation: **Senior Homeopathy Practitioner**
3. Address: **No. 101, Om Sai Shraddha, SN Road,
Mulund West, Mumbai - 400080**
- Telephone Number: **09833202823**
- Email: **drhetal14@gmail.com**
4. Date of Birth: **14/07/1980**
5. Educational Qualification : Degrees obtained (Begin with Bachelor's Degree)

Degree	Institution	Field(s)	Year
BHMS	Nashik University	Homeopathy	2003
PG	Hahnemann College of Homeopathy, London	Homeopathy	2013

6. Research Experience
- | Duration | Institution | Particulars of work done |
|------------|---|--|
| 2012-2013. | Hahnemann College of Homeopathy, London | Scope of Homeopathy in Treatment of Cataract |
7. Other Experience (Apart from Research) : NA
8. Research specialization (Major scientific fields of interest)
Homeopathic Drug Provings
9. Financial support received
- a) From the Ministry of Health and Family Welfare
- | | |
|---------|------------|
| Past | NIL |
| Present | |
| Pending | |
- b) From the Ministry of AYUSH
- | | |
|---------|------------|
| Past | NIL |
| Present | |
| Pending | |
- c) From other Institutions
- | | |
|---------|------------|
| Past | NIL |
| Present | |
| Pending | |

10. Research projects in hand under EMR Scheme of Ministry of AYUSH: None
11. Research Projects in hand under any other Grant-in-aid scheme of Government of India - None
12. Other research projects, if any: None
13. Recent publications (last 5 years, with titles and references), also papers in press
14. Other information, if any: None

A handwritten signature in black ink, reading "Hetal P. Pabaria", with a horizontal line underneath.

Dr. Hetal P Pabaria

Date: 19th July 2019

Temple of Healing – Activities

The organization has conducted numerous health camps and free consultation camps for the needy all over the country. Celebrities such as Mr Rajendra Gupta, Ms Kunickka Sadanand, Ms Sambhavana Seth and many others have tried out these therapies. They found it to be so effective that they even helped us to create a TV show “Apna Illaj Apne Haath” of 7 episodes. These can be viewed on YouTube.

In October 2016, Dr Saxena’s book ‘Cleansing Therapy – Cure Yourself’ (second edition) was released to promote Cleansing Therapy. The first edition of the same book was released in 2008. An economy edition in Hindi was released in 2019. The last one year has been the most productive and conclusive year for the Temple of Healing and Cleansing Therapy.

More than 2000 people, after following and benefiting from Cleansing Therapy, have volunteered to promote Cleansing Therapy and help others without any monetary benefit.

Dozens of seminars have been conducted throughout India – Surat, Ahmedabad, Jamnagar, Mumbai, Nashik, Pune, Noida, Lucknow, Ghaziabad, Rudrapur, New Delhi, Kolkata, Gaya, Patna, Maharajganj, etc. Thousands of people have participated in these seminars.

The organisation has trained and certified thousands of volunteers to guide and counsel patients throughout India.

The organization has achieved the following -

- created awareness about Cleansing Therapy
- helped people find easy and cheap remedies for common ailments
- promoted our book “Cleansing Therapy - Cure Yourself” for wider adoption (N.B. the book is provided free of charge online)
- found volunteers throughout India, who, after a brief training, assist the organization in promotion of these therapies
- provided platform to alternative therapists worldwide and encourage them to share their knowledge and experiences with one another for the well-being of human kind

- provided free education on this therapy to interested people through digital means/virtual class rooms

The organisation does not promote products of any company.

Our success would be measured by the increase in the number of people who benefit from trying out this therapy and leading a healthy and happy life. We use all available technologies to keep track and follow up with people who contact us.

The popularity of the therapy is growing every day. Our volunteers receive almost 200 calls every day from needy patients, with an average of 3700 hits per day on our website www.thetempleofhealing.org.

We are on a mission to promote it further.