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भारत सरकार / Government of India

स्वास्थ्य और परिवार कल्याण मंत्रालय / Ministry of Health and Family Welfare

स्वास्थ्य अनुसंधान विभाग / Department of Health Research

(ए.एस.एम. अनुभाग/ASM Section)

IRCS Building, Red Cross Building, New Delhi


Dated the 24th April, 2026

OFFICE MEMORANDUM

Subject: Brief record of the discussion in the Ninth Meeting of the 'Inter-Departmental Committee (IDC) for consideration of New Systems of Medicine / Therapy'.

In the course of its ongoing examination of the proposals for Identifying Viable New Systems of Medicine /Therapy, the Inter-Departmental Committee (IDC) held a meeting at the Department of Health Research on 16th July, 2025 at 2.30 P.M. to consider the proposal seeking **recognition of Cleansing Therapy as a new system of therapy.**

2. A copy of the 'Brief Record of Discussions' of the said meeting is forwarded herewith as per **Annexure** for information and perusal please.


24.04.2026.

(Sanjeev Singh)

Under Secretary to the Government of India

Tel.: 011-23736902

To,

1. All participants in the meeting/ IDC Members (As per attached List)
2. Dr. Piyush Saxena, Secretary, Temple of Healing

Copy for information to:

1. PSO to Secretary (DHR)
2. PPS to AS (AN)
3. PPS to JS (RK)
4. Director (MLS)

Brief record of the discussion in the Ninth Meeting of the 'Inter-Departmental Committee (IDC) for consideration of New Systems of Medicine / Therapy'

The 9th meeting of the Inter-Departmental Committee (IDC) was held on 16.07.2025 under the Chairmanship of Dr. V.M. Katoch, Chairman (IDC) at Department of Health Research (DHR) to consider the proposal submitted by the **Temple of Healing, through its Secretary, Dr. Piyush Saxena, for recognition of Cleansing Therapy as a new system of therapy.**

1. Presentation by Proponents:

The proponents presented Cleansing Therapy as a system based on removal of toxins from the body through various “cleanses” (e.g., liver, kidney, colon, etc.).

They claimed that the therapy provides relief in a wide range of health conditions and is based on experiential learning over a period of time. It was informed that certain case reports/testimonials and limited pathological data (approx. 40+ cases) was submitted.

2. Key Issues Highlighted:

During the presentation and discussion, the following issues emerged:

- (i) The therapy involves use of dietary, lifestyle and certain procedural interventions claimed to improve overall health and well-being.
- (ii) The claims of effectiveness are largely based on experiential evidence, testimonials and individual case reports.
- (iii) No structured clinical trials or validated scientific studies were presented to substantiate the claims.
- (iv) The principles and practices of the therapy appear to draw from multiple sources, and clear independent fundamental principles and standardization require further elaboration.

3. Observations of the Committee:

The Committee expressed concern regarding the absence of adequate scientific evidence and documentation in the present proposal. The Committee noted that, as per the prescribed criteria for recognition of new systems of medicine/therapy:

- Recognition requires scientific validation, documented clinical evidence and standard treatment protocol.
- There should be clear differentiation from existing system.
- Evidence should be supported by systematic studies and publications in peer-reviewed journal.

4. Deliberations and Advice:

The Committee advised the proponents to:

- Generate robust clinical evidence through structured studies.
- Properly document treatment protocols and outcome.
- Undertake scientific validation and publication in recognized journals.
- Clearly establish the fundamental principles and uniqueness of the therapy.
- To justify the proposal *vis-à-vis* the seven prescribed criteria for evaluation of such proposals.

It was also suggested that focused studies may be undertaken on selected aspects of the therapy for systematic evaluation.

5. Conclusion / Outcome

After detailed deliberations, the Committee concluded that:

- The proposal is not ready for consideration of recognition at this stage due to lack of adequate scientific evidence and documentation.
- The proponents may submit additional evidence/data in accordance with the prescribed criteria for further examination by the IDC.

The Committee also indicated that **the therapy may continue to be practised under the supervision of a registered medical practitioner**, subject to applicable regulations.

The meeting ended with a vote of thanks to the Chair.

List of Participants:

- i. Dr. V. M. Katoch, Chairperson, IDC; Former Secretary, DHR & DG, ICMR
- ii. Dr. Y. K. Gupta, Retd. HoD, Department of Pharmacology, AIIMS, New Delhi
- iii. Dr. Subarna Roy, Scientist-F, ICMR–National Institute of Traditional Medicine
- iv. Dr. Bhushan Patwardhan, Vice-Chairman, University Grants Commission
- v. Dr. Darshan Shankar, Vice-Chancellor, Trans-Disciplinary University, Bengaluru
- vi. Dr. M. A. Qasmi, Advisor, Ministry of AYUSH
- vii. Shri Rajiv Sharma, Director, National Medical Commission, Dwarka, New Delhi
- viii. Dr. R. J. R. Kasi Bhatla, JS & Legal Adviser, Ministry of Law & Justice
- ix. Dr. Ruchi Singh, Head, Discovery Research, ICMR Headquarters, New Delhi
- x. Dr. Aparna Tiwari, PRS-II, Discovery Research, ICMR, New Delhi
- xi. Shri D. K. Banerjee, Ex-Consultant to DHR
- xii. **Dr. Piyush Saxena, Secretary, Temple of Healing (Cleansing Therapy), Maharashtra.**
