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and

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Bimal Chhajer

SAAOL Heart Center, New Delhi, India

Holistic treatment of our first 5000 patients with lifestyle modification, yoga and conservative medical management who could avoid CABG/PTCA

Coronary Artery Disease has become an epidemic in most parts of the world and in India. Palliative and temporary treatment offered by heart hospitals is expensive, inadequate and does not remove the cause of the disease. We developed a holistic program for the CAD patients who would include Yoga, Walking, Diet, Stress reduction and optimum medical drug management. This program was named "SAAOL" or Science and Art of Living. We would train heart patients and their spouses for a 3 day (10 hours a day) period in a resort – where they were educated on Diet, Zero Oil Cooking (cooking without oil), Yoga, Heart Disease, Medical management of heart disease with risk factor reduction and prescribe them a 75 minutes regimen to be followed at home. They were also prescribed modern medicines to reduce their Cholesterol, Triglycerides, Blood Pressure, Blood Glucose and Angina. The aim was to reduce all their risk factors to the best. Most of our patients were those who were waiting for Bypass surgery or Angioplasty. They were followed up for a period of 5 to 15 years. We tracked 5000 of our first 10,000 patients, who stayed near our centers and available and checked their status in 2010. The results showed that 98% were doing well and living a normal life. Their risk factors were mostly under control and they could avoid CABG/PTCA. In the last 5 years, we have treated about 100, 000 such patients in our 48 centers spread across India along with Bangladesh and Nepal.

Biography

Bimal Chhajer, MBBS, MD is the Founder of SAAOL Heart Center – the largest chain of Non Invasive Cardiology clinics in India. He is an Ex-consultant at All India Institute of Medical Sciences. He has authored about 70 books and among them a book on *Reversing Heart Disease* has been published in 10 different languages. He has delivered more than 5000 public lectures all over the world to educate heart patients in the last 25 years. A crusader against use of invasive treatments and has helped more than 100 thousand heart patients to avoid Bypass Surgery or Angioplasty.

doctors@saaol.com