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Super-extracts for universal affordable healthcare**Shantaram G. Kane***Katronics, Ayurveda, USA*

Statement of the Problem: Herbal medicines such as Ayurvedic medicines are in use for thousands of years all over the world with an impressive list of formulations to treat a wide variety of diseases. It is often considered as a good option to modern medicine as it is regarded to be free from the many side effects of modern synthetic medicines and much cheaper and affordable than the patented modern medicines. However, it is still far from affordable to the common man around the globe and several key herbs are not available if a large part of the population decides to use them. Some of the procedures require repeat visits to a clinic thus, raising the cost of treatment. Out of a curiosity-driven exploration, in 1985, I made an extract of an herb by boiling it with water and sesame oil. Just one drop [35 mg herb] of the final oil taken orally produced a severe reaction. A 1000-fold reduction in the herbal dose compared to the literature dose of 5 gm per day, was found to produce positive effects. This super-active oil or super-extract was tested on us, and then given to many friends and volunteers. Overall, many beneficial effects were observed. From 2001 onwards, the one step kitchen process was used to make super-extracts from over 100 herbs and prawn, mushrooms and even metals. In all cases, the herbal requirement was reduced at least 100-fold. Many combinations and formulations were made and tested with positive results in many areas such as digestion, pain, neurology, and cosmetology and so on. Super-extracts can be administered orally, nasally and applied directly topically, or on SuJok/Chakra points. Simple kitchen equipment and other facilities needed safety precautions in preparation and inherent user safety aspects are described. The simple one step kitchen process and its ability to produce super-extracts from all natural products dramatically promotes affordability and availability universally in all areas of human health

Biography

Shantaram Kane is a Chemical Engineer. He earned a B. Tech from IIT Bombay and an S.M. and Sc.D. from M.I.T., USA. He worked for 26 years in several companies at senior levels in the management of technology and R&D. He was an Adjunct Professor of Chemical Engineering at IIT-Bombay from 2001-13 where he initiated research on Bhasma and Homeopathy. In his personal research, he has invented a process to make super-active natural product extracts in edible oil and an integrated therapy concept combining Ayurveda with Homeopathy and Su Jok. Using this, he has evolved a concept of socially sustainable clinics for affordable healthcare for the benefit of society. He is still actively identifying and exploring new leads and is very actively engaged in giving webinars to promote the use of this simple kitchen technology worldwide.