

Testimonial by Dr Anil Kumar

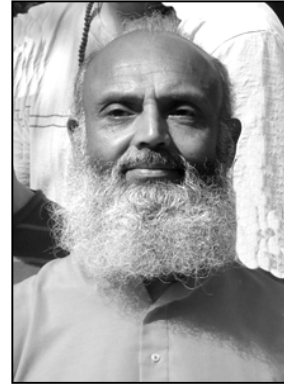
(Swami Shantananda)

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An American Medical Doctor

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I, a U.S. citizen and a medical doctor, has specialized in the care of children and young adults for the last 38 years. After practicing modern medicine mostly in the United States of America and also in England and India, I have returned to India to serve on a volunteer basis. For the past two years I have been practicing the science of Kriyayoga meditation as taught by my guru, Swami Shree Yogi Satyam. He imparts knowledge of this ancient experiential spiritual science, free of charge, to everyone seeking a change from their current status by conducting classes throughout India, Canada, Germany and the USA. His desire to serve humanity regardless of nationality, race, religious beliefs, educational and socio-economic backgrounds, has led him to successfully integrate modern medicine and the spiritual science of Kriyayoga meditation.



Swami Shree Yogi Satyam has bestowed upon me the title of “Swami Shantananda”, which means a non-religious renunciate monk. This drastic change in my life and career came about after personally witnessing the healing power of body, mind and spirit through the sincere practice of Kriyayoga meditation. During a short period of 40 days in Kitchener, Ontario, Canada, I have witnessed the cure of intractable illnesses like breast cancer, severe diabetes mellitus, cataract of the eye lens, crippling arthritis, mental depression, fibromyalgia, chronic fatigue

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syndrome, and many more. I am convinced that with proper guidance each and every one of us has the innate power to heal ourselves totally in every aspect of our lives. Similarly, upon witnessing Kriyayoga practitioners during my three months stay in India, I came across many examples of people who have cured themselves of advanced diseases such as liver cancer, blood cancer, rheumatoid arthritis with severe deformities, severe rectal prolapse since birth, cancer of mouth and others. Also during this brief period, a practitioner, a dwarf woman at age 50, has grown her stubby fingers and all her bowed limbs to almost a normal configuration. If such tall claims were made by anyone else and not personally witnessed by me, I would not have believed them.

I personally have had several major surgeries including two open-heart, two back, two abdominal and two knee surgeries. In addition, I consumed about 20 different medications daily for various bodily ailments like migraine headache, chronic sinusitis, allergic rhinitis, bronchial asthma, hypercholesterolemia, hypertension, chronic abdominal distress and hyperacidity of the stomach, prostatic enlargement, several skin problems, knee and back pain. I was able to give up all those medications without any untoward effect by the 4th day of the 40 days while practicing Kriyayoga meditation four times daily and consuming a non-violent yogic diet.

In Kriyayoga meditation there are no contorting postures and it is totally expense free. This is a spiritual science where every practitioner has 100% guaranteed results if practiced continuously with full devotion and patience. A short trial of approximately 7 to 10 days will convince many of improvement in their patience and alleviate bodily and mental troubles.

Marvellous Kriyayoga Effects

by Dr Anil Kumar, M.D., D.C.H.

**(Swami Shantananda)
An American Medical Doctor**

Medical Record submitted by Anil Kumar, M.D., D.C.H.

Date of Birth: March 30, 1945.

Residing at Kriyayog Research Institute, Jhunsi, Allahabad-211019, UP, India.

In a letter addressed to John Upledger, D0 of Palm Beach Gardens, FL on January 2001 I mentioned the following diagnoses or problems I experienced:

1. Mental fogginess and impaired memory. The latter is noticed and persistent since cardiac by-pass surgery 1/2001.
2. Impaired balance when standing on left lower extremity 1/2001. This symptom has although improved but not completely resolved.
3. Painful post-surgical keloid scars over anterior chest and epigastrium. Pain, pruritus, and paraesthesia around the scar and extending to the mid clavicular line and epigastrium even shirt or sheet cover hurt all the time 1/2001. Kenalog injection in keloid 12/2001 resulted in minimal relief.
4. One episode of diplopia or actually multiple images first experienced 11/2 year ago. Similar experience since. No major cause could be determined when Jefferey Pearlman, MD investigated the first episode. Recently he suspected ocular migraine.
5. Bilateral Tinnitus and very gradually worsening hearing loss in the right ear past 2 years. Pinna of my right ear itches. My mother suffered of tinnitus. Trying to understand while attending a noisy social function, stage performance or lecture has become almost futile.

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6. Nasal allergies due to dust mites and many other environmental agents for decades. Frequent episodes of para-nasal sinusitis and an occasional need for an antibiotic treatment. Use of intranasal steroid and Claritin tablet often becomes necessary. Past episodes of bronchospasm associated with viral respiratory infections once every few years.

7. Facial eczema since late 2000 palliative response to Protopic oint. 0.1%.

8. Past episodes of urticaria due to known and unknown causes many decades. Causes could be as varied as ingestion of a green colored candy, codeine once with target lesions on another occasion with immediate bronchospasm needing an inhaled steroid administration. Bronchospasm responding to inhaled steroid for not really known reasons occur occasionally (months).

9. Past episodes of squamous rashes lasting for months over body or extremities past 2 years.

10. Lower back pain radiating to left gluteal region, left leg, and foot. A sensation of biting pain from leg down along with paraesthesia including numbness at the plantar aspect of the fore foot have been almost constant feature since I get up from my bed until I lie down supine again.

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These symptoms have persisted since June 2001. The second lumbar surgery had become essential as I was experiencing excruciating burning pain down the entire length of the left sciatic nerve since 5/2001 due to fragmented desiccated L4-5 disc. Currently I am trying homeopathic treatment and meditation. Occasionally I use Flexeril 10 mg prn for paraspinal muscle spasm and Darvocet N 100 mg prn for pain. Within the past 2 weeks spasms of the left leg and foot have been occurring at bed-time.

11. Pain and stiffness left knee 2 years. On weight bearing. I had two medial manisectomies and extensive physiotherapy without any relief. Took Celebrex 200 mg qd for 2 years.

12. Rotator cuff injury to right shoulder 3 years ago. Persistently tender and becomes painful whenever the shoulder is exercised.

13. Prostatic hypertrophy since 2 years taking Flomax qd with benefit.

14. Hypertension and Familial Hyperlipidemia are also under control with Accupril 20 mg qd and Lipitor 40 mg qd respectively.

15. Unstable angina first noticed late 2000 only upon exertion and since then even at rest. On 1/27/2001 a triple vessel by-pass was done at the Delray Hospital after a coronary angiogram demonstrated blockages. This not only failed to give me relief from angina at rest symptom but was also followed by anterior ventricular wall hypofunction.

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Two vessels angioplasty was subsequently successfully performed following another angiography in Maryland. Size 3 stints were placed at the sites of the original coronary artery blockages. Currently I am taking Toprol XL 50 mg qd but apparently it is causing dyspepsia.

16. Moderately severe right internal carotid stenosis diagnosed on MRI/MRA on 9/20/2001.

17. I crave for desserts, sugary and high calorie foods immediately after a full meal, in the evening, and at the bedtime.

18. As a child before the age of 10 years I remember suffering of chicken pox, typhoid, malaria, hepatitis-A, dysentery, and obesity.

Updated record of surgeries I had as of June 21, 2004.

1974- External rectal sphincterotomy at Luton & Dunstable Hospital, Luton, Beds., England.

1984- Lumbar laminectomy for herniated disc L4-5 for left sciatica by Douglas Martin, MD who performed partial superior and inferior hemi-laminectomy at L 4-5 on 2/10/84 at the Bethesda Memorial Hospital, 2406 S. Seacrest Blvd. Boynton Beach, FL 33435, Telephone-561-734-0776.

1986- Vasectomy performed by an Urologist at Boynton Beach, FL complicated by post-surgical atrophy of right testis.

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1999- Nasal turbinectomy for obstruction and deviated septum. Stela Tudoran, MD performed a functional septoplasty with turbinotomy and cryotherapy on 1/15/1999 at the Boca Raton Community Hospital, 800 Meadows Road, Boca Raton, FL 33486. Telephone 561-395-7100.

1999- Medial menisectomy left knee twice by Peter Schosheim, MD at the Boca Raton outpatient surgery and laser center, 501 Glades Road, Boca Raton, FL 33432. Last surgery was performed on 2/11/2000 comprising of arthroscopy for debridement of post surgical meniscal cyst and removal of posterior horn of left medial meniscus.

2001- 3 vessel cardiac by-pass surgery for unstable angina by Geoffrey Lynn, MD on 1/27/2001 at the Delray Medical Center, 5352 Linton Boulevard, FL 33484. The surgery comprised of left internal mammary artery to the left anterior descending coronary artery, saphenous vein graft to the diagonal, and the posterior descending arteries.

2001 - Lumbar laminectomy for fragmented disc L4-5 for left sciatica performed by Joel Falik, MD on 6/19/2001. His address is 7257 B. Hanover Parkway, Greenbelt, MD 20770, Telephone- 301-982-7100.

2001- 2 vessel cardiac angioplasty for unstable angina. PTCA/stent performed by Pradeep Srivastava, MD on 9/20/2001 at Prince George's Community Hospital Center, Maryland

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2001- Right radical orchiectomy for necrosis in an atrophied testis. A radical Orchiotomy of right testis was performed by Mark Licht, MD on 12/7/2001 at the Boca Raton Community Hospital.

2003 - Routine Colonoscopy was performed on 5/20/2003 by Edgar Ibanez, MD of 2609 Woolbright Road #4C, Boynton Beach, FL 33436, Telephone 561 738 1770. On histology focal lymphoid aggregate-negative for polyp was reported.

By **October 15, 2004** on the fourth day of attending Kriya yoga course at Kitchener, Ontario Canada I discontinued all the medications which included the following:

1. Lipitor 40 mg every day
2. Aspirin one tablet every day
3. Toprol XL 50 mg every day
4. Accupril 20 mg every day
5. Intranasal homeopathic remedies for a Allergies and sinusitis
6. Flomax 0.8 mg alternate day for benign prostatic hypertrophy
7. Hydrogen peroxide solution for oral irrigation
8. Antibacterial soaps for bath
9. Hand and body lotions for lubrication

Other medications and remedies which were used on and off for various symptoms.

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Instead of all the above I started on a new regime of bathing with warm and cold water using little soap, a diet principally consisting of carbohydrate rich roots and fruits, nuts and seeds, whole grains, all legumes, and totally devoid of any added salt or sugar. I started to consume water based upon the thirst and the urine coloration. All animal protein was eliminated from the diet so were all drinks containing alcohol.

Update July 27, 2006

Unless I have grossly violated all principles of Kriyayoga and the non-violent yogic diet, neither have I ever got sick nor ever needed any medication. Amazingly even while staying in India and leading a normal life, I have enjoyed good health. Although minor symptoms are experienced occasionally, however, those abate as soon as the causative habit is eliminated.

Other than self I do not see any physician for my own health care and I do not need any one any more. My blood pressure is 110/70 mm of Hg. and the lipemic rings around the iris of the eyes have disappeared. The annoying itchy painful keloid scars over anterior chest and abdomen from the open heart surgery have also resolved. I have been leading a full active life filled with vigor and vitality while practicing Kriyayog at least twice daily.