

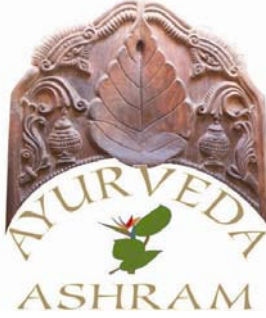
**Ayurveda Ashram Clinic**  
Franz-Peter-Sigel-Str. 46  
76669 Bad Schönborn, GERMANY  
001 49 725-395-9656  
[www.ms-ayurveda.com](http://www.ms-ayurveda.com)

---

**From: Dr. Prasanth Raghavan, BAMS**  
(Bachelor of Ayurvedic Medicine & Surgery) Mangalore University, India

**Re: Multiple Sclerosis Treatment**

**2007**



2007

I am an Ayurvedic Physician specializing in Multiple Sclerosis and for the past five years have been practicing in Germany. I have developed a treatment program especially for MS that has achieved remarkable results in all patients treated. I would like to invite you to the Ayurveda Ashram Clinic in Bad Schönborn Germany as I feel that I can help to improve the health condition of those with Multiple Sclerosis.

The parameter that is applied to the allopathic system of medicine is not altogether applicable to Ayurvedic medicine. In this regard, one has to consider the evidence that is provided in the case studies rather than the careful analysis of the means that I am using to get these results. I kindly suggest to you to visualize this in a different perspective and consider the evidence as vital.

To substantiate my experience and the effectiveness of the therapy, I am providing you with several case studies and video footage of patients, as well as details of the therapy.

I look forward to hearing from you soon and having an opportunity to make a difference.

Sincerely,

Prasanth Raghavan  
BAMS Ayurvedic Physician (Mangalore University, India)

Enclosures:

Bio

Clinic Info

DATMS Treatment

Therapies

Oils/Herbs Preparation

Case Studies & Testimony

DVDs of 2 Testimonies

CD of all Files

# Bio & Background



Prasanth Raghavan received his degree from Mangalore University in South India, during a 5 and 1/2 year program including a one-year internship, obtaining the BAMS (Bachelor of Ayurvedic Medicine & Surgery) which is needed to be an Ayurvedic Doctor in India, traditionally referred to as a *Vaidya*.



The fundamentals of the Ayurvedic system are in treating the individual by taking his unique constitutional aspect and prescribing an herbal counterpart that is against the disease and that supports his constitution (system).

Ayurvedic treatments for neurological diseases have proved highly successful. I am practicing Ayurveda as a third generation *Vaidya* (Ayurvedic Physician) from my family, the Raghavans from Kerala, India, with currently nine members as practicing Ayurvedic physicians, in which two have been educated in the conventional system of medicine as allopathic doctors. During these years our Clinic has evolved as a center of excellence for treating neurological diseases in Kerala.

Upon arriving to Germany, I founded the Dathathreya Ayurvedic Therapy for Multiple Sclerosis (DATMS) system and perfected a pattern of treatment for MS based on my long years of experience in the family traditional practice and through fundamental knowledge I acquired from my University education. For the last 5 years I have been successfully conducting treatment programs using the DATMS method in the Ayurveda Ashram Center in Germany for MS patients wherein all are receiving positive results.

During this period I have treated 19 patients for MS that are diagnosed by neurologists with MRI and sometimes along with CSF studies. The significant results of the DATMS therapy for all 19 patients show: Upon starting the therapy, patient can see the positive effects of treatment within three weeks. Progression of the disease was found to be controlled in all patients who had completed the first year of therapy. There are no appearance of new symptoms or aggravation of symptoms that were palliated.

# Ayurveda Ashram Clinic



The **Ayurveda Ashram Clinic** is located in Bad Schönborn, Germany on the fourth floor of the modern Mikina rehabilitation center. Housing is available at the facility for the patients to stay during treatment. The Ayurvedic Clinic is comprised of a consultation room for initial diagnosis, a communal kitchen where organic vegetarian food is prepared daily according to DATMS recipe for all patients, two massage rooms, a sauna, and three treatment rooms for the various oil and herbal therapies.



Patients are advised to stay in the facility provided close to the clinic. Yoga, singing, music, and meditation are available daily by trained instructors at the clinic and all the patients are encouraged to participate. During the patients' stay, a holistic lifestyle is advocated, by reducing or eliminating television, cellular phones, computers, and other stressors. With this change in dietetic pattern and lifestyle, many patients voluntarily adopt these habits into their life.

# Ayurveda Ashram Clinic



## Patients Enjoy:

- Lifestyle changes
- Organic Food Daily
- Tailored Yoga Instruction
- Private Rooms
- Nature Trails

# DATMS TREATMENT

## Dathathreya Ayurvedic Therapy for Multiple Sclerosis (DATMS)

### ***Specific Aims of DATMS Therapy:***

Control on Progression of MS – The first year of treatment is aimed at controlling the progression of the disease and sustaining the positive changes that are acquired during the time of treatment.

To enable the patient to lead a normal life – MS can be controlled and the patient could lead a normal life according to Ayurvedic consideration and that is proven in our case, within the possible limits. (This stage of MS is decided during the DATMS consultations)

Slow and stable recovery for advanced stage of MS – Advanced stage considered as - above the 5.5 of EDSS mark. (More specific categorization done during the time of DATMS consultation on the individual specialty.)

### ***Brief about the DATMS Therapy results:***

From 2002 to 2007 nineteen patients were treated using the DATMS therapy under the supervision of *Vaiyda* Prasanth Raghavan. Four among the nineteen patients took 3 consecutive years of treatment for MS. Among them the first patient who completed the therapy was in 1996 from the US, two from Germany, and one from India.

- Three among the 4 patients were in the Expanded Disability Status scale 2.0 – 5.5.
- They are free from any symptoms of MS since the completion of therapy.
- Feedback from the patients is taken to ascertain the results of treatment.

### ***Summary of Patients Receiving DATMS:***

The overall results for the DATMS treatments after therapy patients reported: an increase in walking distance; visible difference in gait; palliation of pain, improved balance; improved bladder control; dexterity of the hands improved; positive changes in the visual disturbances improved or eliminated; increased energy; improved or total absence of spasticity; sleep duration and quality improved; and normalizing of cognitive and emotional disturbances.

Of the 19 patients, 4 had discontinued the therapy. Three of them due to financial reason and one patient could not follow the regimen of DATMS and had withdrawn from the treatment.

It is to be noted that 3 years is the minimum time needed for any case of MS. If the MS is in an advanced stage (a grading of MS that is used in DATMS), the number of years of treatments will increase according to the severity of the disease.

# DATMS TREATMENT

## **Method of Treatment:**

DATMS is a system that uses a group of therapies aimed at treating the source of the disease where palliation of symptoms happens together. The symptoms that are first to respond to the treatment are sensitivity disturbances, bladder control (in some constitutions), pains, vision disturbances and so on. The prescribed treatment is to be taken consecutively for 3 years. (Exceptions to be considered).

The prescribed time of treatment is between 45 to 60 days (which is to be decided during the time of consultation). During the treatment the patient will undergo different types of therapies with various kinds of herbal preparations according to the physical constitution of the patient, metabolic state, mental state, severity of the disease, symptom, etc. The duration of the treatment for a single day is approximately 210-300 minutes. The primary daily treatment is done for the central nervous system, *Shirovasti*, where potentiated herbal oil is poured onto the scalp within a leather cap and allowed to remain for 60 to 150 minutes. There are 5-7 other types of therapies that are assisting the main treatment such as *Kanjidhara*, *Thailadhara*, and *Vasti*, (a medicinal herbal enema).

The foremost aspect of the whole treatment is the usage of potentiated herbal oils which are taken individually or in mixture of maximum 3 different kinds of herbal oils. The oil is replaced every 3 days with a fresh mixture for maximum efficacy. One of the main types of oil contains around 65 different kinds of herbs and requires 3 weeks to prepare. The herbal oils and the herbs used in the treatments are purely herbal in origin and tested for non-toxicity from heavy metals or other toxic ingredients. The oils used for DATMS therapy have been developed and patented by the Raghavan family.

## **DATMS Approach:**

1. *Adhi-Stana Chikitsa* or Treating the source of illness - the central nervous system.
2. *Agni Sara Chikitsa* or Reorganizing or fine tuning the metabolism – Correcting the digestive fire in a person so that the cellular metabolism improves.
3. *Kaya Sattwa* or Mind Body Balancing.
4. *Dathu Shuddhi* or Palliation of accompanying illness or pathology.

# OIL & HERB PREPARATION



The fundamental criteria for success in treating complex disorders depends on the quality of herbal preparations.

Only treatment-oriented herbal recipes are made and they are not available for sales elsewhere. The herbal preparations are created in limited quantities to ensure the quality. The manufacturing unit located in Kerala, India is closely controlled and has the Central Government's highest standard of GMP (Good Manufacturing Practice). All herbs are tested for heavy metals and other toxins.

## Process for Creating Herbal Oils

### Ingredients:

Sesame oil as the basis oil.

Water is added 4 - 8 times the oil.

Herbal paste  $\frac{1}{4}$  the quantity of oil.

Herbal decoction (depending on the type of oil)

Fresh Herbal extract (depending upon the oil made)



### Preparation:

Heated in mild fire in a *Varp* (a traditional bronze vessel) and continuously stirring. When the herbal paste has reached a stage which is called the *Mrudu Paka* (soft consistency - where there is percolated water molecules). The oil is filtered and taken.

For potentiation of herbal oils, one has to repeatedly add herbal extracts and herbal decoctions. That means for an 11-times-potentiated oil you have to add the extract and the decoction 11 times.

Such as the oils that are being used for Multiple Sclerosis, in the therapies like *Shirovasthi*, *Shirodhara*, *Nasya* etc., these oils will have superior effect. This process of making the oil takes around 3-4 weeks time to prepare.

# THERAPIES

**Shirovasti** - A leather hat is fixed over the head. Potentiated medicated oil (not the oil that you use for the body) depending upon the constitution, illness is allowed to remain for a specified time (to be determined by the pulse).



**Shirodhara** - This therapy is done on the forehead of the person. Medicated oil is gently allowed to flow through the following vital points (*marmas*). The following pairs of *marmas* *Apanga*, *Avartha*, *Shanka*, *Stapani*, and *Seemantha*.

# THERAPIES

## ***Nasya Therapy***

Administering a minute amount herbal potency through the nostrils. Done for disorders pertaining to Central Nervous System.

Herbal extract, herbal powder, medicated oils, mediated milk etc., are used.



## ***Other Therapies:***

- a. *Kanjidhara* - A steady flow of herbal decoction is gently moved to through the 108 different vital areas of the body at varying heights.
- b. *Pancha Karma*
- c. *Kashaya Shirodhara*



# Case Studies

## **Ester cornalia, aged 34 years from Heilbronn**

(Also featured in a Video Testimony included.)

Background of Ester cornalia : age 34 years from Heilbronn was diagnosed with Multiple Sclerosis in the year 2002 soon after the first relapse. Earlier to this incidence, in 1998 she had blurred vision, and weakness of the right leg and of the right side of the body was noted. After a 2nd relapse in August 2004 she reported that she had never fully recovered to a normal state of health. She had to leave from working as a Marketing Trainer for about 1 year due to vertigo, weakness and other symptoms of MS.

Investigation method for the diagnosis of MS – MRI.

Diagnosis – 2002.

Type of MS – Relapse & Remission Multiple Sclerosis.

DATMS – Treatment taken on 5.12.04-25.1.05, 10.11.05-21.12.05.

Duration of DATMS Therapy – 52 and 42 days.

### **Symptoms before DATMS therapy**

- Altered Sensation – numbness in the right leg, difference in the perception on the right and the left half of the body, tingling sensation of the right arm, sensation of heat in the left shoulder.
- Gait – Uncertainty in the movement of the legs while walking, instability of both the knees
- Balance – Vertigo; she reported that she had fallen from a chair due to vertigo.
- Bladder Problems- Constant pressure on the bladder with slow discharge of urine.
- Cognitive & Emotional Disturbance - Anxiety, nervousness and apathy, depression, deficiency in concentration.
- General – Difficulty in breathing, sleep disturbances, nausea, indigestion, constipation with occasional diarrhea, dizziness, mild tremors, stiffness of the neck, weakness, fatigue, weakness of the left leg and neck.
- Pain - Diffused muscle pain, headache, neck and shoulder pain, pain in the left hand and fingers.
- Visual Disturbances - Cloudy vision of the left eye (optic nerve inflammation in the 2<sup>nd</sup> relapse).
- Conventional Medication – in relapse time she was given cortisone. Zocor (Simvastatin) 40 mg, Omega 3 – fatty acids
- Allergies – Wheat, dairy products, chamomile, coriander, cumin, capsicum, celery, clove, cardamom, ginger, apple, pork, egg yolk, raw tomato, bananas, cocoa.

### **After the first DATMS therapy from 5.12.2004-25.1.2005**

Note from Dr. Prasanth – She was given treatment on constant observation. During the first course of treatment she was advised to inform the Ayurveda physician whenever she felt aggravation of symptoms. Her daily meal was regulated depending upon her improved ability to withstand allergies, level of appetite and hunger. She was supported during mood swings and other emotional situations.

The primary importance was given to normalize her digestive pattern, which was abnormal since childhood.

A list of her symptoms, and level of severity was recorded on a daily basis as it followed during the therapy for most patients.

She responded well to the treatment and the symptoms of MS gradually reduced in the first year of treatment except for occasional pain in the shoulder, neck, and left hand, mild vertigo, sensation disturbances like burning and tingling sensations.

In between the first and second year of treatment she was careful in following the DATMS food pattern and during this time she could eat most of the food that she was allergic to earlier. During this time she started to work 3 hours per day.

### **After the 2nd DATMS therapy from November 10<sup>th</sup> – December 21<sup>st</sup> 2005**

After the 2<sup>nd</sup> year of treatment, the remaining symptoms of MS were reducing gradually and in about a couple of months after the treatment she was free of all symptoms of MS and began to work fulltime afterwards. So far she did not have any appearance or reappearance of any symptoms of MS. One point to note is that she is observant in following the rules and regulations of DATMS therapy.

Now she is self-employed and managing her own firm with 15 workers under her.

She will begin the third treatment in the beginning of 2007.

- There was a delay in the third DATMS as she had a miscarriage in the 8<sup>th</sup> week of pregnancy in January.

## **Wibke Kunzmann - from Marburg**

*(Names and locations changed to protect identity.)*

Background of Frau Wibke Kunzmann: age 42 years old from Marburg and is a mother of 3 children. She is a primary school teacher who also teaches music. She was diagnosed with MS in the year 1979. Her condition was very slowly deteriorating since then. Mostly the motor functions were affected. Even before the year '79 she told that – “while cycling [her] right foot fell off from the pedal.”

Investigation method for the diagnosis of MS – MRI and CSF studies.

Diagnosis – 1979.

Type of MS – Primary progressive MS

Duration of DATMS Therapy - July 2005 for 60 days.

### **Symptoms Before DATMS Therapy**

- Coordination - fine movement of the right hand is affected, she was unable to play the flute, she could not write for long time.
- Gait and Balance – walking with the help of a walking stick, she could walk 50 meters.
- Bladder Problems – frequency of urination is more
- Bowel Problems – reduced bowel control (frequency of bowel movement or urge is more)
- Fatigue & Weakness – especially in the afternoon time.
- Pain - Pain in both legs, especially in the right leg.
- Spasticity- spasticity in both legs and there is difficulty in flexing the legs at the knee.
- General – difficulty in falling asleep, had history of fainting without apparent reason.
- Conventional Medication – she was on immuno-globulins for 5 years to avoid respiratory and other infections. Cortisone was given in 1997.
- Special findings – she was prone to get respiratory infections. She often had cough and her respiratory volume was found to be reduced. She had intense difficulty in breathing on Nov 2004 and was immediately taken to the emergency section (incidentally her lesion is in the cervical area). Her symptoms were getting worse with infections and inflammations. She had a Cruciate ligament injury of the right leg before the diagnosis of MS.

### **Results after the DATMS Therapy**

- Gait – walking distance was gradually increased to 350 meters.
- The pain while walking was palliated.
- Fine movement of her right hand was better; she could play the flute again.
- She did not have any infections for the last 1 year.
  - She was unable to take the treatment in this year owing to personal reasons. Her body constitution is having a specialty that the disease will worsen in a slower way and the result of the treatment will also take time. She has a Primary progressive MS.

## **Ruth Müller - from Heidelberg**

Background of Frau Ruth Müller: She was working earlier as a computer programmer with the oldest versions of computers dating back to the 1970s. She was an active and versatile lady who did activities from cooking to gardening, and from knitting to repairing electronic appliances.

Investigation method for diagnosis of MS – MRI

Year of diagnosis – 1995

Type of MS – Secondary progressive MS

Duration of DATMS Therapy - July 2005 and July 2006 for 60 days each.

### **Symptoms before DATMS therapy**

- Gait and Balance – she could walk 18 meters with the help of a walker.
- Bladder Problems – urinary incontinence. 2-3 times per night and when she is having the urge, she could control urine for about 2 minutes.
- Fatigue – She got fatigued during warmer days and if the change in weather was sudden.
- Pain - in the hip joint and in the lower back (mostly due to the gait pattern) she reported pain in the left thigh also.
- Spasticity - extension spasticity: hip, knee, and ankle joints are involved.
- Psychological – good mentation, positive in attitude.
- Weakness and fatigue - during the afternoons
- General – mostly in the winter her symptoms will get aggravated especially difficulties with walking and pain. In 2001 she had the last exacerbation and since then the condition was progressively deteriorating.
- Conventional Medication – she is taking Trospi and Sirdalud.
- Special findings – there is a family history of MS on the maternal side. She is allergic to onion and garlic.

### **After the treatments**

- Gait and Balance – walking distance was gradually increased to 80 meters by the end of the treatment and in the second year that distance was more or less maintained in spite of having some pain in the hip during the last winter. Her balance got better and she could stand without support for some time. Within the period between the first and second year of treatment her walking pace has improved. She reported that she could walk 100 meters and the minimum of 60 meters.
- Pain -There was some occasional pain reported in between the treatments but that was either reduced by itself or one time she had to take a couple of days therapy to palliate.
- Bladder control – The bladder control had improved so that she herself had reduced Trospi. Incontinence which occurred several times per day was reduced to a few times per month. She has better bladder control now.
  - In December 2006 she fell down and said that her gait was much affected and the distance she could walk had reduced. On examination it was found that she can be brought back to the previous state of health with few treatments.

## **Karin Mertens - from Weißenfels**

Background of Fr. Karin Mertens, age 43 years from Weißenfels, working as a dental technician and was a very active woman involved in gymnastics, trained rescue dogs, and was on a team as a rescue swimmer.

Duration of DATMS Therapy – November 2005, October 2006, 45 days for each treatment

Diagnosis of MS – 2002

Investigation method – MRI

### **Symptoms before DATMS Therapy**

- Altered Sensation –Numbness in the face. Burning sensation in the left eye. “Electrified sensation” in the right ear. getting hot during cold season associated with pain, these symptoms along with symptom of the eye and during that time she has to lie down and take rest. Sometimes this symptom will be there continuously for a week. Aggravating factors include the cold climate, stress, menstruation etc. The duration was about 30 – 60 minutes.
- Gait – she could walk 4-5 km on a flat surface, at the end she may hold the hand of her husband for support. However she could not increase the walking speed. While walking she drags her left leg more than the right, a visible abnormality. Climbing stairs is difficult, she could do so only by climbing sideways.
- Left hand – Tremor while holding the hand straight; she was unable to hold small objects with the thumb and the forefinger. Difficulty in fine movements. She instinctually avoided using left hand in various situations and that is apparent.
- Body weight – 49-50 kg
- She lost 7 kg within 14 days during 2002. Cause was unknown. Her height is around 6 feet.
- Vertigo and Balancing – while walking she was unable to turn her head because she may lose her balance; difficulty in balancing while walking through a narrow path or between parked cars. Balance tends to deteriorate with the distance of walking. In order to walk long distances she has to hold the hand of her husband.

## **Eye**

- In Left eye she feels flickering or feeling of movement in the eyelids.

## **Other**

- Vegetarian
- Mental - calm and collected.

## **To Note**

- As a young girl she developed hypothyroidism.
- She was working as a dental technician and made amalgam where mercury is an ingredient. She was working unprotected bare hands.
- A few months after the diagnosis she had lost 5 kg within 14 days. This is significant since she had a stable weight of around 60 kg for many years.
- She was in a study group for beta interferon but gave up after 6 months because of the complications of tachycardia.

## **After DATMS Therapy in Nov 2005 and Oct 2006**

- Gait - The dragging of the left foot has reduced considerably (video taken earlier and now). The exertion for walking has reduced. She can walk 5 km on an average without holding the hand of her husband. The maximum distance she has walked was 7-8 km without having problems. The visible abnormality of lifting her left leg while walking was reduced.
- Balance & Vertigo - Balance improved, now she is able to turn her head while walking which was not possible earlier.
- Left hand - Left hand is more efficient, she started to use a spoon with her left hand, other fine and gross movements are done easily and more precisely (earlier the left hand was somehow avoided during various activities.)
- Body weight - Body weight was reduced during the time of treatment (46.5 kg during the treatment ), 2 weeks later at home, the body weight improved to 51 kg.
- General health - there is a general improvement in her health condition and she is looking more energetic and younger.

## 2<sup>nd</sup> DATMS Therapy

- She is feeling good and the improvement she got in the first year of treatment is unaltered and no exacerbations or appearance of any new symptoms of MS.
- Gait – the dragging of the left leg has visibly changed and it is sometimes almost normal.
- Balance – her balance had improved and she told of an incident where she climbed 200 narrow steps in the Castle of Heidelberg and she did not feel balance problems or problems in climbing (were before the treatment she could only climb stairs by keeping her left legs sideways.)
- This time care was taken so that she did not lose weight. But had increased a few hundred grams.
- Left hand - Her left hand got better and she spontaneously started to use her left hand in various activity. An example that I noticed was in the beginning she opens the door with the right hand by turning sideways and to avoid using the left hand and now it is spontaneous that she uses her left hand which is normal in this case. This gives an idea in real life how her left hand is starting to be used regularly and almost normally for gross movements.
  - What we are mainly looking forward to is for her to walk more than 8 km, to normalize the gait pattern, to have better balancing while walking, (which use to vary on some days) and eventually making her to run some distance. We all hope will happen in the near future.

## **Sebastian Kramer - from Schönebeck**

Background of Felix Müller: age 52 years old was diagnosed with MS in 2005. He runs a self-owned business by profession where the responsibility is very demanding. Currently he is working around 35-40 hours per week in his own office and twice per day he needs to take rest lying down because of weakness of MS. It was found from the DATMS method of diagnosis that the pathology might have started at least 5 years back. On inquiry he also told that he had some visual disturbance during 2004 he defined that “both eyes had divorced”.

Body weight – 73 kg

Diagnosis – 13/07/2005

Duration of Treatment – 45 days

DATMS Treatment started – 05/05/2006

Investigation method – from MRI and CSF studies.

### **Symptoms before starting the DATMS Therapy**

- Altered Sensation – typical feeling of “electric stroke” while bending the neck.
- Gait and Balance – He was able to walk about 60 meters. There is a visible disturbance in the balance during the initial steps itself. He was holding the fence and lamp post while walking this distance. The abnormality while walking is visible in the hip joint also. Unable to stand in one foot, difficulty while taking off the trousers, difficulty in walking on uneven grounds.
- Coordination – difficulty in holding the knife and fork and to cut meat etc. He also says that he had problems in writing in small squares as in bank papers.
- Bladder & Bowel Symptoms – Urinary urgency, had 1 time incontinence in the past. He had to wake up 4-5 times in the night.
- Weakness & Fatigue – He got fatigued during the day and he used to take rest 2 times per day in his office by lying down.
- Pain- In both the knees, more in the left knee. Low back ache.
- Visual Disturbances – Double vision, Even before the age of 40 yrs, he was having occasional double vision, eye sight got deteriorated in the past years.
- Other – He is suffering from tinnitus , tiredness, lack of energy,
- Family – His aunt from his father’s side had MS.
- Medication – he was on levthyroxin 50 mg for 25 years.
- Note – He is more than 6ft tall and weighing 73kg, appears to be a lean person.

## **After DATMS Therapy**

- Gait - He reported that walking got better during the first week of the treatment, and has better balance which enables him to walk fast and easily. He says once that he was climbing stairs as he was doing 20 years back.
- He could walk around 3 times the distance by the end of the treatment.
- Tinnitus - His tinnitus was altogether gone during the 3rd week of the treatment.
- Pain - Backache was better.
- Bladder - Bladder control got better. He wakes up 1 time during the night.

## **Elisabeth Heinrich - from Weingarten**

Background of Elisabeth Heinrich: age 53 years, was working as a school teacher for the past 30 years. She worked continuously without leave during the duration of her career. During the treatment she agreed to take a 6 month leave which was essential to control the progression of MS.

Duration of DATMS Therapy – July 2006 for 60 days.

Investigation Method - MRI and CSF investigation.

Diagnosis - 2002

Type of MS – Primary progressive.

Body weight - 66 kg, Height- 1,72 meters

She got the diagnosis of MS in the year 2002. But in the year 2000 she was diagnosed as Encephalomyelitis disseminate. In the year 2002 itself she got 3 exacerbation and that leads to considerable deficit in motor activities were her walking distance was reduced to less than 2 km (she was walking more than 20 km before 2000). And other symptoms like severe pain, bladder symptoms, gait disturbances etc.

Medication – On all the 3 exacerbations period she was on high doses of cortisone. Also medications like Copaxone, Neurontin 300 (twice daily, ingredient is Gaba Pentene).

Kentera – Plaster (Wirkstoff oxybutznin), L-Thyroxin 100, Urbasone, and other food supplements. She is taking L-Thyroxin 100 on advice from her endocrinologist due to some to avoid a pathology process that may happen in the future. (Details not available.)

### **Symptoms of MS before DATMS**

- Altered Sensation – tingling sensation in the legs, dissimilar sensation of the left hand.
- Gait & Balance – it is documented that when she walks 200-250 meters, she has considerable pain in the legs. The gait was visibly changed from normalcy, with dragging of the left leg involving her hip joint.
- Spasticity - Spasticity is present in both the legs, especially the left leg.
- Stiffness of the knee joint and ankle joint.
- Coordination- mildly affected.
- Bladder Problems- she has to wake up in the night 3-4 times, and reported urinary incontinence, she has to interrupt the treatment several times during the initial days of treatment for urination or bowel urgency.
- Bowel Problems- Bowel control was also affected as she says that – flatulence (elimination of gas) without control; frequent constipation.
- Cognitive & Emotional Disturbance- See 'General'
- Mental - mentally disturbed with mood swings due to MS.
- Weakness & Fatigue – Fatigued in the afternoon, during warm days and in summer.
- Pain- She had severe pain in the legs for which she was taking Gaba pentene 600 mg and still the pain was strong, occasional headache.

- Family – no family history of MS or other neurological diseases.
- General – As she was having severe side effects from the medication she was taking, she requested that the doses be minimized, especially the Gaba Pentene, which was taken for palliating the pain and was periodically increased to 600 mg yet still the pain was strong. It is stated that this medicine is not supposed to be taken no longer than 6 months (she had already been taking for 4 years). During the first days of treatment she got betterment in the pain and she tried to taper the intake of Gaba pentene , but on the following days she had severe panic attacks, depression and sleeplessness (only 2 –3 hours of sleep during the night). On consultation with the Neurologist who suggested for her to continue taking Gaba Pentene. However, with her determination and the effect of the DATMS treatment she had slowly tapered the dosage of the drug to 100mg. During the treatment, the complications of the Gaba Pentene was too high and disrupting her sleep, which is very essential for the recovery of the patient therefore she had been advised to postpone the treatment for about a month until her sleep was normalized. Earlier in her life she had thyroid surgery for a cold knot and from then onwards she was taking L-thyroxin 100mg, this might have also complicated the situation.

### **After the DATMS Therapy**

- Gait & Balance – She is able to walk 600-650 meters and during the second to the last day of the treatment she walked 1000 meters with out having pain or other discomfort. Moreover the gait style improved considerably in the initial phase of walking (up to 100 meters) and there is no visible disturbance in walking and balance. The dragging of the left leg and hip has visibly improved.
- Spasticity - The spasticity of both legs has improved; especially the left leg which was more affected.
- Bladder Problems – there was noticeable improvement in the bladder control as she is waking up only 1 time in the night. Even though she had withdrawn for the Kentera-Plaster what was applied for bladder control.
- Bowel Problems – the problems of bowel urgency and flatulence without control were absent during the later days of treatment.
- Cognitive & Emotional Disturbance – she is calm and stable now.
- Pain – Pain in the legs were absent during the last phase of treatment. The intensity of the headache is reduced.

## **Paul Köster - from Hamburg**

Background of Paul Köster: age 55 years, from Hamburg a well-built man of medium stature, was involved in many types of sports and other physical activities until the diagnosis of MS. The motor deficit forced him to reduce his physical activities. In the initial phase of MS he had symptoms of sensory deficit like numbness in the face and tingling sensations in the limbs. Later the patient developed other motor and sensory deficits. The patient's condition was progressively deteriorating and during this time he developed reflex esophagitis, and hypertension which was varying drastically. By the year 2004, the patient was unable to climb to the third floor of his home without taking breaks.

Investigation method for the diagnosis of MS – MRI and CSF studies.

Diagnosis –1995

Type of MS – Secondary Progressive

DATMS Treatment taken – 3 years:

First year (38 days in 2004)

Second year (46 days in 2005)

Third year (41 days in 2006)

### **Symptoms before DATMS Therapy**

- Altered Sensation – numbness in the face and limbs.
- Gait & Balance – could walk 1500 meters pain free on even ground, while walking there will be a dragging of the right leg. Tremor after walking for few minutes. Buckling of the right knee (knee 'gives out').
- Bladder Problems- Urinary urgency – waking up 3-5 times in the night.
- Cognitive & Emotional Disturbances - Mood changes, irritability, and concentration deficit.
- Pain – Right lower ribs, left ankle joint, right knee joint.
- General - Disturbed sleep, tinnitus.
- Medication – 8 tablets of blood pressure medicine per day.

Changes during and after the first treatment (30.01.-09.03.2004)

### After 15 days of DATMS Therapy:

- Cure from pain of the ankle joint and the rib.
- 80% improvement in the pain free walking distance.
- No tremor felt during walking.
- Buckling of the knee is no longer there.
- Easy to stand up from the chair.
- Bladder control is better, waking up only one time in the night.
- Sleep got better.
- Blood Pressure is controlled. (Reduced intake of medicine from 8 tablets a day to 1 per day on the advice from his General Physician.)

#### After 24 days of DATMS Therapy:

- Walking distance had steeply increased to 8 km.
- Day to day increase in walking distance was noted
- Almost normal bladder control. (Did not wake up in the night at all.)
- Intensity of the tinnitus reduced
- Calm and collected.

#### **End of first year of DATMS Therapy**

- By the end of the treatment he could walk 12 kms in one stretch. Where in the beginning he could only walk 1500 meters.
- He could climb to the third floor of his apartment even with his luggage.
- During the year 2004 until 2005 in January he was free of any exacerbation or any new symptoms. Meanwhile the walking distance had improved to 15 km within 3 months after the first year's treatment.
- Unfortunately he had two car accidents within a week's time. A week later he felt pain in the right leg and it after a month the pain disappeared.

#### **Comparison of MRI from 2003 and 2005**

MRI taken in January 2005 (Gadolinium Enhancing MRI) show there are no new lesions, none of the former lesions are active and the large lesions show significant "lacunar changes" in comparison with the last MRI taken in 2003.

\*lacunar changes – on consultation with the neurologist, he was unable to give an interpretation of the lacunar changes of the lesions.

The neurologist said that his reflexes are normal.

#### **Symptoms before the second treatment**

- Altered sensation of the right leg.
- While climbing hills gets pain after 300 meters.
- He lost around 7 kg in the year 2004. He had a surgery for reflex esophagitis (a symptom of MS), after which he was unable to eat a sufficient amount of food up to his appetite. After the first year's treatment he started to work and exercise more intensely.

#### **Changes during the second treatment (30.01.-17.03.2005)**

- Sensation of the right leg and the left leg are almost the same.
- Climbing uphill was slowly improving. He could climb hills pain free for about 2500 meters.
- During the treatment his body weight increased from 70.5 kg to 74.5 kg. which was normal for his stature.

#### **Changes during the third DATMS Therapy (Feb 2006)**

At the end of the treatment he is able to run 7 km and there are no other symptoms of MS. He is living free of MS and leading a normal life as of now in February 2007.

# TESTIMONY BY TOM FIELD

To whom it may concern,

I have been asked to describe my experience with Ayurvedic treatment.

**In 1997 I was diagnosed by an MRI and symptoms as having Multiple Sclerosis.**

Because treatment options in the West were somewhat limited, a friend suggested I explore getting treatment from a non-Western source.

I have always had an enormous respect for the traditions and scholarship of India. Through a VIP acquaintance there, I was fortunate to be put in touch with a Dr. Prasanth.

I went to India and was delighted to discover that Dr. Prasanth comes from a family that has a long history of practicing in the Ayurvedic tradition. This is no “fad” or passing interest for them -- they study the ancient texts, in the original Sanskrit, and, as I discovered, prepare the medicines in an authentic way.

The traditional texts describe in detail the lengthy steps for the preparation of the medicines, beginning with how and where they are harvested. It by this time-consuming preparation, as I understand it, that the medicines achieve their efficacy.

As I investigated further, I discovered that it seems like most “off-the-shelf” Ayurvedic



medicines are prepared in-bulk, in a way that does not preserve the essence of the medicines. Perhaps this is what accounts for Dr. Prasanth’s success.

Frankly, I was somewhat dubious of the whole situation I found when I sought treatment. I’m a scientist and so one of the things I was most skeptical of was that the doctor claimed that he could know, from *listening to my pulse*, my various physiological and even psychological states. However, in time, as I suspiciously scrutinized the doctors, I was actually convinced that the pulse reading done by Dr. Prasanth and also sanctioned by the traditional texts, is legitimate and works!

So what happened when I got treatment? Well, the symptoms I had disappeared and have not reappeared since.

The “Doubting Thomas” in me says, “Oh, MS can do that – going silent and then resurfacing.” **But, it’s been *eight years* now and I have no symptoms.**



# TESTIMONY BY TOM FIELD

This isn't unheard of in the MS world, but it is not a frequent occurrence.

In fact, my Yale-educated neurologist says that my MRI now looks better than it did years ago when I was first diagnosed.

One of the difficulties in seeking non-Western forms of healing is knowing if the practitioner is honest or just pretending. Is he schooled in a tradition, or is he just a cowboy? From my careful observations, inquiry, and experience, I can assure you that Dr Prasanth is a man of total integrity. He is what he says he is. He has followed the rigorous path of study in his discipline, adheres to the thousands of years old tradition ... and, most importantly, gets results!

**Tom Field**  
**Seattle, Washington USA**

[tom@campparadox.com](mailto:tom@campparadox.com)



# CONTACT

## **Ayurveda Ashram Clinic**

Ayurveda Praxis in der Mikina  
Franz-Peter-Sigel-Str. 46  
76669 Bad Schönborn, GERMANY

## **Prasanth Raghavan, BAMS**

011-49-725-395-9656 (6 Hrs ahead of Eastern Time)  
drprasanth@web.de  
www.ms-ayurveda.com