

<http://www.thehindu.com/society/Matters-of-the-heart/article17139237.ece>

Belle Monappa Hegde often abbreviated as **B. M. Hegde** (born 18 August 1938) is an Indian medical scientist, educationist and author.^[1] He is the former Vice Chancellor of **Manipal University**, Co-Chairman of the TAG-VHS Diabetes Research Centre, Chennai^[2] and the chairman of **Bharatiya Vidya Bhavan**, Mangalore. He has authored several books on medical practice and ethics.^[1] He is also the Editor in Chief of the medical journal, *Journal of the Science of Healing Outcomes*. He was awarded the **Dr. B. C. Roy Award** in 1999.^[3] In 2010, he was honoured with the **Padma Bhushan**,^{[4][5]} one of India's highest civilian awards.

Dr. B. M. Hegde is a medical practitioner and has a M.B.B.S from **Stanley Medical College** (Madras), a M.D. from **King George Medical College** (Lucknow), FRCP from **Royal College of Physicians**, London, Glasgow, Edinburgh, and Dublin. He also has a FACC and FAMS. He also received training in cardiology from **Harvard Medical School** under **Bernard Lown**, a Nobel Laureate.

He served as a Member of Postgraduate Medical Education Board, Government of India. He was Vice Chancellor of Manipal University



Dr. Hegde was in the city to deliver a guest lecture on 'Spirituality and Health' at the Madurai Readers' Club

Matters of the heart

Feb 02, 2017 at Madurai

In a candid chat, renowned cardiologist Dr. B.M. Hegde busts several myths about cardiac ailments and what defines good health.

Squeezing a wedge of lemon into a glass of warm water, Dr. B.M. Hegde says, "It's the best medicine for an acidic stomach. You don't have to run to the hospital for every ailment." "Not even for blocks in your heart," he asserts. "Blocks in arteries are common," he points out.

The leading cardiologist also notes that in reality there has not been even one per cent absolute increase in the rate of heart attacks. It is a plain hype, he says and calls it a labelling error.

Unfortunately, every chest pain is dubbed as angina and every block is labelled coronary disease," declares Dr.Hegde.

"Anybody who walks into a hospital with complaints of chest pain is made to undergo angiogram whereas there is a need to understand heart blocks," he says. "Blocks happen when you are young and as they grow, nature provides bypasses through collateral vessels. This is called pre-conditioning the heart."

Dr. Hegde believes that any individual who sees a doctor for medical help becomes a patient. "Once you get caught in the whirlwind, you continue to remain a patient." The veteran cardiologist has been known for making bold statements on the dark side of medical industry. "When I was a student, I questioned how can cholesterol be bad if it's made by our body. Forty years ago, I wrote that cholesterol is a counter by the body to increasing stress levels. I said coconut oil is the best oil for the heart at the American College of Cardiology Meet long ago."

"The flaw of today's approach to treatment is that the human body is seen as a car machine which can be repaired part by part. Whereas, the human body is a whole entity and should be treated in entirety. How else can one explain the side-effect of drugs used to treat one organ, affecting the other organs?" he asks. Author of over 40 books, Dr.Hegde also supports alternative forms of medicine like Ayurveda. Quoting Sanskrit texts from Ayurveda, he explains how any treatment ought to be holistic. "Ayurveda has unfortunately been relegated to back seat, in spite of being traditional and rich form of medical treatment," he says.

"Health is about the environment you live in and the mind is the environment of the body. It's not what you eat but what eats you (the thoughts) kills you," he says. "The key is to cultivate positive thoughts and surround yourself with positive emotions. Quantum healing is the new method of healing. Your mind can heal you." He suggests the book *Quantam doctor* by Amit Goswami.

Dr.Hegde opposes the burgeoning fitness craze among the young urbane crowd driven by the belief that fitness leads to good health. "Health is in the mind and

fitness is in the muscle. These are two different things but often confused as one. If someone is fit to run a marathon doesn't mean he/she is fit to live a healthy life." "Health is not even absence of disease, as all of us have diseases. We all will have over 100 cancer cells at any given time, but they don't become clinical cancer as they die on their own." Quoting a sloka from Ayurveda, Dr.Hegde defines health as the enthusiasm to work and love. "Keep the enthusiasm in you alive, nurture positivity and cull negativity and you are healthy", is his simple mantra.

Dr.Hegde practises what he calls 'Coordinated medicine', that's futuristic and meta treatment. "I take elements from various genres of medicine. For instance, I take emergency care and corrective surgery from modern medicine. I don't prescribe too many drugs and treat patients unnecessarily." Calling modern medical treatment as 'exclusive' and 'reductionist', Hegde comes down heavily on the trial-and-error method of slapping scans, drugs and tests on patients. "I have come up with suggestions of a new definition of health and the concept of whole person healing instead of organ healing, both of which have been accepted by the Institute of Medicine."

As a vegetarian, Dr.Hegde suggests following traditionally made and locally grown food. "One should eat what their ancestors ate. To eat Mediterranean food in Madurai will not suit your body. Eat the locally grown fresh fruits and vegetables and follow recipes that have been there for generations." A veteran doctor that he is, Hegde says every doctor should unfailingly follow ethics since they deal with human lives."

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Doctors are a step ahead of Yama says Prof Dr BM Hegde

Moneylife Digital Team
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While criticising the money minded healthcare and pharma industry, Dr Hegde elaborated the importance of alternative medicines and therapies. He said the key to wellness lies in becoming free from negative thoughts, eating natural food in moderation and having adequate sleep

"These days we don't have doctors. We have specialists who know more and more about nothing," says Professor Dr BM Hegde, while speaking at a seminar on holistic approach to healthcare and wellness, organised by Moneylife Foundation.

Prof Dr Hegde, a *Padma Bhusan* awardee and prolific writer, spoke in detail about

various aspects of wellness and the crises in modern medicine. He emphasised that wellness simply is happiness within the human system and health is enthusiasm.

While criticising the money minded healthcare and pharma industry, Dr Hegde elaborated the importance of alternative medicines and therapies like *Pranic healing* and *Reiki*. According to him the key to wellness is by being free from negative thoughts, eating natural food in moderation and having adequate sleep.

Disease Mongering

Prof Dr Hegde, explaining how billions of dollars are spent on AIDS and cancer research across the globe, said that we are living in the era where diseases are sold. “All the crises modern medicine is facing is due to money. The lure for money has resulted in diseases mongering. They are sold.”

He said doctors today are indulging in disease screaming. “If one goes to a high school and screen all the students with an angiogram, it will be found that 76% of them will have pre-vessel block. If you don’t have a block, you will die before the age of 30. When you have a block, it means protection. This is called pre condition. But doctors, after seeing that you have money to spend and a medical insurance, will suggest all kinds of tests and surgeries for the same blockages.”

According to the eminent Professor medical insurance is the biggest curse. Instead people should ensure their health, he said.

Minimum use of medicine and unnecessary treatment

Prof Dr Hegde, often called as “people’s doctor” believes that way to wellness and healthcare is usage of minimum medicine and avoiding unnecessary treatments or surgeries. He said surgeries should be confined for corrective purposes. “If a child is born with hole (in heart), then that need to be corrected through surgery,” he said.

He says that people are ensnared to believe that popping a pill gives instant relief. “But one has to remember that behind every ill there is a pill.” He adds, “You have a headache; your blood pressure goes up. Then you go to a doctor for check up, which means you are a patient and you don’t come back. Instead a simple *pranayam* with five breathing technique can give you faster relief from the headache.”

Prof Dr Hegde also spoke on the tactics used by the doctors and medical institutions in

making profits. "Audit in few American hospitals showed that majority of their profits comes from deaths that take place in the Intensive Care Units (ICU).

He raised concern over increasing cases of caesarean births. "Natural tear (caused in normal birth) is quickly healed compared to cuts (due to C-sec births). It is also much safer and helps in the development of mind, which is known as perinatal consciousness. But the doctor and hospital will not earn money through normal delivery, and therefore everyone, especially from metros like Mumbai, opts for the C-Section cut," he said.

Alternative medicine

Prof Dr Hegde spoke about the importance of alternative medicines like Ayurveda and Homeopathy. He said, "There are all kinds of tactics are used to suppress Homeopathy as a form of treatment. But it is one of the best medicines. It is much more scientific than modern medicine. Just because one cannot detect the chemical present in the nano particle of the pills, you call it unscientific? This is not fair."

According to him, modern medicine claims to be based on science but research has found that majority of health problems stem from the mind while modern medicines can offer only a temporary relief. "If one has a happy mind, his body is largely free from diseases."

Speaking on Ayurveda, Prof Dr Hedge explained that how millions of dollars and many years were spent to find the cause of common cold but nothing was concluded. At the same time Ayurveda, for instance, lists food that has to be consumed during various seasons like eating more spices during winter. "In fact, Lancet (leading medical journal) advised people in Britain to eat to eat curry in Indian restaurants as a cure for common cold during winter."

Prof Dr BM Hegde also explained the benefits of consuming ginger, garlic and pepper as cure for many diseases and allergies.

Benefits of coconut oil

Prof Dr Hegde says that contrary to the popular believe that coconut oil is seen as poisonous; in reality it has many healthy advantages. "If a doctor says that coconut oil has cholesterol, it means he has not gone to medical schools. It is used for treatment on Alzheimer and severe problems of skin diseases. Even Americans after having done their propaganda against coconut oil has accepted its benefits. Now it forms the basis of their (the US) infant food."

Delete negative thoughts

Prof Dr Hegde said that one who is free from negative thoughts and is compassionate, is bound to live healthy life. He says that, "It is not what you eat that kills you, it is what eats you, kills you."

Concluding his talk, Prof Dr Hegde reminded audience the mentions doctors as brother of Yama's (god of death according to Hindu mythology).

The text says-

*Vaidyarajam namastubhyamm yamarajam sahodaram,
Yamastyu harati pranam vaidyam pranat dhananicha.*

This means *Vaidya*, (doctor) and *Yama* are both brothers. *Yama* takes only life, but *vaidya* takes both, life and money.

Here is what Prof Dr BM Hegde prescribes for wellness and Happiness...

- One should consume natural food in moderation
- Sleep in pitch dark room
- Electronic devices such as Television should be switched off and mobile phones shouldn't be charged while sleeping. This is to avoid the presence of electromagnetic waves.
- One should get up before sunrise
- One should eat the last meal before 7pm

Books by Dr Hedge available at Amzon

1.You Can Be Healthy Paperback – 1 Jan 2017

by [B.M. Hegde](#) (Author), Rs 210

A treatise on holistic health, this book revolves around the concept that the mind and body are dependent on one another. While anxiety is the root cause of all diseases, a healthy mind boosts the immune system. Finding instant 'cures' to all ills through modern medicine therefore, is impossible - while healing naturally is a spontaneous occurrence.

2.

Holistic Wellness In The NewAge- A Comprehensive Guide To NewAge Healing Practices (The NewAge Book)

2015

by B.M. Hegde and Bruce H. Lipton Ph.D.

Hardcover

995.00

3.

Hypertension Assorted Topics

1995

by Prof. B.M. Hegde

Hardcover

95.00

4. You Can Be Healthy Paperback – 2004

Rs 199

The book is an attempt towards promoting healthy living. A holistic approach has been employed to regenerate the mind and body and the role of physical exercise has been emphasised. Certain misconceptions about health practices, different schools of medicine that have outlived their roles and occupational diseases have been given due coverage.