



**Raise Yourself from Body Level to the Soul Level. Raise Yourself
from Material Level to the Spiritual Level**

Holistic Treatment of Corona Patient from Medicines And Spirituality

***Dr. Vijay Kumar Singh**

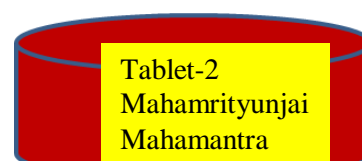
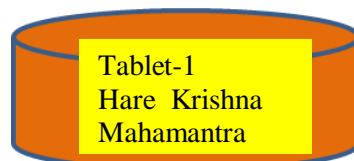
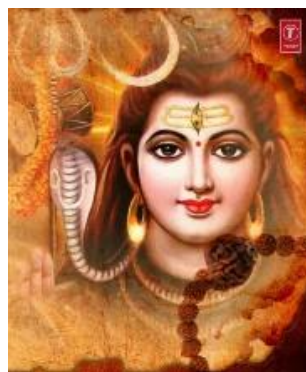
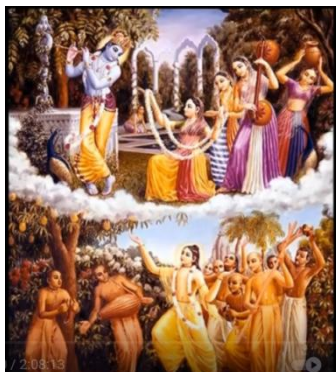
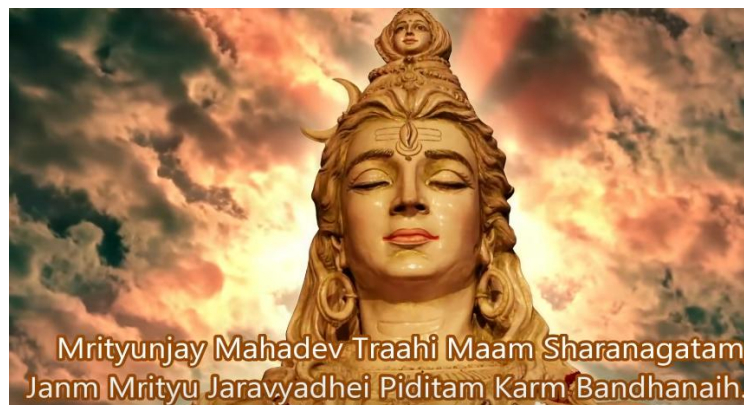
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ABSTRACT: This paper describes about my holistic treatment of Corona from medicines as well as from spiritual Bhajans and Kirtans at

Ahmedabad, India. Allopathic Medicines and Spiritual medicines like Bhajans and Kirtans complement each other and help in the faster recovery of a Corona patient. It is my experience



that alongwith medicines, listening of spiritual Guru like Sadhguru Jaggi Vasudev, chanting of Hare Krishna mahamantra and listening or chanting of Mahamrityunjai mahamantra of Lord Shiva, helped me in a faster recovery from corona and also keeping me in a pleasant mental, emotional and physical state of well-being. I firmly believe that prayers(Dua) and medicines(Dava) both are complementary and result in a faster recovery. Listening of spiritual bhajans kept me in a very happy state while lying on the bed of the hospital. It seemed as if my feel good hormones were balanced by listening bhajans and Kirtans of Hare Krishna by ISKCON devotees. Krishna assumes you all as extended hands of him and treats you as his child. Dawa (allopathic medicines) is necessary along with Dua (prayers and spiritual medicines like bhajans). Prayers, care and concerns for me, from my family members, my friends, relatives and my well wishers, all helped in faster healing in pre- and post recuperating period and thus saving my life from the deadly Corona.

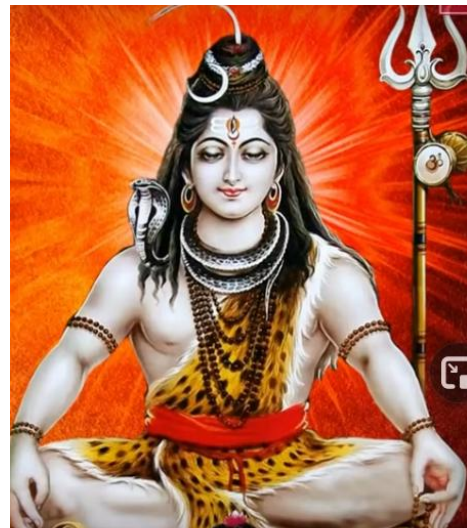
KEYWORDS: Allopathic, bhajans, chanting, devotee, corona, holistic, Krishna, mahamantra, mrityunjai, recuperate, spiritual, Shakti, treatment.

I. INTRODUCTION

This paper describes the aspects of my holistic treatment of Corona (Covid-19) from medicines and spirituality, during 10th April 2021 to 27th April, 2021 at Ahmedabad, India. It is all about my treatment from medicines as well as from bhajans (Spiritually medicines) combined. During 12th April to 22nd April, 2021, I was treated first at my home (home care mode) in Bopal, Ahmedabad, by Dr. Sahil Doshi and his nursing staff from CIMS Hospital, Ahmedabad and then from 22nd April to 27th April, 2021, I was treated in the by Dr. Raju Agarwal and his staff, from Indus Hospital, Nikol, Ahmedabad. Even from 10th April to 12th April, 2021, I was treated by Dr. Chintan of Laxmi Heart Hospital Bopal, Ahmedabad, for mild fever and cough. Actually headache and mild fever started from 9th April, 2021, but I ignored and started consulting the doctor one day later, which was my fault. I have found that alongwith medicines, listening of spiritual Guru like Sadhguru

Jaggi Vasudev, listening and chanting of Hare Krishna (Krihshna is a supreme personality of Godhead) mahamantra[1]-[15], Hanuman Chalisa, Kirtans, listening and chanting of Mahamrityunjaya mantra[16]-[35] of Lord Maheshwara (see Figure 1.0), listening to Sadhguru Jaggi Vasudev and reading of Bhagvat

Gita[36], helped me in a faster healing and recovery from corona and keeping me in a pleasant mental, emotional and physical state of well-being in my pre- post recuperating period. You may see in Fig. 3.0, my changing face(worst and good) during the period of corona treatment. I firmly believe that prayers(Dua) and medicines(Dava) both are complementary and result in a faster recovery.



निरंजन निराकार महेश्वर ही एक मात्र
महादेव हैं जो मृत्यु के मुख में गए
हुए प्राण को बलपूर्वक निकालकर
उसकी रक्षा करते हैं।
Niranjan Nirakar is only
Maheshwar (Lord Shiva) who is
beyond death and time. He is the
Eternal Lord. He is the Ruler of
time. As He alone is beyond death
and time, Shiva is called Maha

Fig. 1.0 Shiva or Maheshwara. (Reference:
<https://www.youtube.com/watch?v=L-y1sr1qUIE>)

My Post Covid Recuperating Period:

After I was discharged from the Indus Hospital Nikol Ahmedabad on 27th April, 2021, I used a device named spirometer (see Figure 2.0) for lung exercise and consequently my oxygen saturation level became normal (98-99). I was also given medicines and vitamins to be taken for 3 more weeks after my discharge from the hospital.



Fig 2.0: Spirometer Device for Lung's exercise.

In INDUS hospital my blood pressure(BP) was normal. But when I came to home, my BP was 101-164. I took 5mg BP medicine prescribed by doctor Doshi, but I got no relief. Before this I never used BP or cholesterol medicines, although I am 53 years old. My daughter Shubham consulted the best doctor Sammir Dani of Apollo hospital, Ahmedabad. Sammir dani prescribed 50mg Tablet for BP and also gave medicine to reduce my triglyceride level. After this medicine my BP became normal within 2 days. I also took vitamins and medicines to reduce the side effects of asteroid taken during hospitalization, and blood thinning tablets for 3 weeks. Now I am perfectly healthy. During my covid period, i.e., during corona infection my CT value was 25, Ddimer was 900, CRP was 160. After 25 days of treatment, these parameters came within desired limits, thanks to Dr. Raju Agarwal.





Fig. 3.0: My face pre-post(First^t & last photo) and during Corona period (12th April to 14th May, 2021).

II. SANATAN DHARMA, THE ETERNAL DHARMA, THE WAY OF LIFE

There are so many religions and Majhabs existing on this earth and each practiced differently, and each has got separate symbols, flags, dress, dogmas, codes, conduct, which lead mostly to conflicts and inter-religious fights despite the fact that most of them believe that God is one and only one. I wish that all the sacred religious books such as Ramayana, Mahabharata, Guru Granth Sahib, Quran, Hadis, Bible etc., all should be placed together in Mosques, Masjid, Church, Hindu temples, Buddhists Monasteries, Jain Derasars, etc., and all other places of religious worship,



thereby turning religious places of different religions into a place of spiritual library and people of all faiths should be allowed to enter in such libraries without any condition and irrespective of caste, religion, country, and sex. I firmly believe, this will avoid inter religious conflicts, wars and establish peace and tranquillity on this earth and thus will begin a new era, a diamond era on this earth. There should not be any non eternal religions and majhabs on this earth fighting each other and claiming their supremacy. I would suggest that in place of separate religions, there should be one and only one practice, we may name that 'SANATAN DHARMA' ETERNAL DHARMA or any other name commonly agreed by all the nations on the earth. 'Sanatan Dharma' may mean a way of supreme all inclusive living, a way full of life, happiness, peace, raised consciousness, raised awareness levels and exuberant energy levels. I firmly believe chanting of Hare Krishna Mahamantra and Mrityunjaya Mahamantra will help in establishing Sanatan Dharma.

Proponents of Sanatan Dharma unconditionally believe in :

"Om Serve Bhavantu Sukhinah, Serve Santu Niramayaah. Serve Bhadraanni Pashyantu, Maa Kashcid-Dukha-Bhaag-Bhavet. Om Shantih Shantih Shantih".
Meaning thereby;

"May everyone be happy, May everyone be free from all diseases, May everyone see goodness and auspiciousness in every thing, may none be unhappy or distressed. Om peace, peace, peace."

III. RECOVERY FROM CORONA USING ALLOPATHIC MEDICINES AND SPIRITUAL BHAJAN MEDICINES

1. HARE KRISHNA MAHAMNTRA and
2. MAHAMRITYUNJAI MAHAMANTRA.

I have named these two mahamantras as spiritual tablets TABLET-1 and TABLET-2.

Very powerful mantras and bhajans (even mantras are sung as bhajans) from Indian Vedas and scriptures are described in the following section. The YouTube links for mahamantras sung as bhajans and kirtans are mentioned in reference section [1]-[35]. It is said that chanting of Hare Krishna Mahamantra may lead to Moksha or liberation from the bondage and cycle of death and

birth. It is said that chanting of Mahamrityunjai Mahamantra which is created by Markandeya Rishi and described in Indian Rigveda, Atharva Veda and Yajur Veda, might postpone the death due to corona or any other serious chronic illness or disease. It is so powerful a Mahamantra.

IV. VEDIC MANTRAS AND BHAJANS

Indian Vedic Mahamantras like 'Hare Krishna Hare Krishana Krishna Hare Hare' and Maha Mrityunjai Mahamantra 'Mrityunjai Mahadev Trahimama Sharnagatam, Janm Mrityu Jara Vyadhi Pidotam Karm Bandhna' are two mahamantras in India. Mrityunjaya Mahamantra, if chanted 11 times along with pouring water on Shivalingam or 108 times without pouring water on Shivalingam, it may postpone death of a dying person. These mantras are very powerful. Chanting sacred mantras are also called as singing sbhajns. So, we must chant mahamantras and sing bhajans in a state of supreme joy and ecstasy. Any person irrespective of cast and religion must chant mantras and bhajans.

Mantras (sacred codes) are found in many Indian scriptures and four Vedas. These four Indian Vedas are 1. Rig Veda, 2. Atharva Veda 3. Yajur Veda and 4. Sam Veda. Mantras should be chanted across the whole world, irrespective of country, location, place, caste religion and sex.

The activities like, flesh eating and homosexuality etc. are unnatural activities and these are like fulfilling only the lower level bodily desires. One should raise oneself from lower level body desires to higher level awareness, consciousness and to reach to the soul level. In this world people involved in unnatural activities should immediately reform themselves and become natural. God, Allaah and Bhagwan will help unnatural people in their reformation. For Some people irrespective of their religion and sex, if they do not reform themselves, God, Allah and Bhagwan should give them punishment to reform them.

Chanting of mantras purify mind, body, thoughts and emotions and help in raising one's consciousness from lower body level to higher soul level. Indian Mantras from Indian Scriptures and sacred Granthas are as follows. These Mantras can be chanted as bhajans. Generally, Hare Krishna Mahamantra is chanted by ISCKON Devotees. Few Mantras are as follows:



1. Om Gang Ganpatye Namah.
2. Vakratunda Mahakaya Suryakoti
Samaprabha Nirvighnam Kurume Deva Serva
Karyeshu Servada. Om Shri Ganeshaya Namah.
3. Vahe Guru ji da Khalsa Vahe Guruji Di
Fatah.
4. Aallah Ki Rahmat. (weep in ecstasy and
joy when asking for rahmat)
5. Ya Ali Kar Madad. (weep in ecstasy and
joy when asking for madad)
6. Bismillah Hir Rahman Nir Rahim.
7. Hare Krishna Hare Krishna Krishna
Krishna Hare Hare. Hare Rama Hare Rama Rama
Rama Hare Hare. This Hare Krishna Mahamantra
when repeatedly chanted, it becomes Bhajan which
is sung by ISKCON Devotees across the world.
Please see links in reference section.
One should dance and weep in ecstasy and joy,
when chanting Hare Krishna Mahamantra,
otherwise Krishna, the supreme Godhead, will not
show mercy and kripa.
8. Pray to Lord Jesus Christ to relieve and
heal our humanity, who is suffering enormous pain
and agony from corona (weep when praying).
9. "I can do all things through Christ who
strengthens me. Jesus is Lord of all. The Lord is
near to all who call on Him. The joy of the Lord is
my strength. This is the day the Lord has made I
will rejoice and be glad in it. All things work
together for good. Jesus loves me."
10. Om Hrim Durga Devviya Namah.
11. Serve Bhavantu Sukhina, Serve Santu
Niramaya. Serve Bhadrani Pashayantu, Maa
Kashchid Dukh Bhag Bhavet.
12. Om Namu Narayanaya.
13. Om Namu Bhagwate Vasudevaya.
14. Om Sam Shanishcharaya Namah
15. Om Krim Kalikaye Namah
16. Om Bham Bhairvoya Namah
17. Om Namah Shivaya
18. Om Adityaya Namah
19. Om Namu Hanumate Bhai Bhanjanaya
Sukham Kuru Phat Swaha
20. Om Sarva Grahe Namah
21. Om Shrim Pasu Hoom Phat.
22. Hare Krishna Hare Krishna Krishna
Krishna Hare Hare. Hare Rama Hare Rama Rama
Rama Hare Hare. This is the Hare Krishna
Mahamantra for upcoming great Era/Uga on this
Sacred Mother Earth/Prithvi
23. Ek Onkar Satnam. Karta Purakh Nirbhaiva
Nirvar Akal Murat Ajunee Shaibhang Guru Prasad
Jap Adi Such Jugad Such Nanak ye Bhi Such
Nanak Hose Bhi Such.
24. Jo Bole So Nihal Satsbri Akal.

25. Om Mani Peme Hum.
26. Om Adityaya Namah
27. Om Bhur Bhuwah Swah Tatsavitur
Varenyam Bhargo Devasya Dhimahi Dhiyo Yonah
Pracho Dayat.

V. MY POST COVID PERIOD AND THE NATURE OF GODDESS SHAKTI

Dear Guys during my post covid recuperating period, I was deeply thinking about the design and structure of Indian Shakti, Goddess, Devi, like Mother(Ma) Kali, Ma Durga, Ma Bhagwati, Ma Jagdamba, Ma Bhawani, Ma Parvati and Adi Shakti. I was thinking, if these Shaktis(Goddesses) had their bodies and organs made of similar bones, flesh and blood like we human beings. A force described me about the real design of our respected Devis and Goddesses. The bodies of our Shaktis like Mother Kali, Ma Durga and others, are really an infinitely powerful atomic reactors (which are much more powerful atomic reactors than those existing on the earth). The Astra like Brahmastra, Varunastra and Agneyastra may Ooze out from the bodies of Goddesses with their bodies made of atomic reactors. Infinite Astras may come out from the body of Ma Bhawani and decorate their bodies. Depending on the requirements mother(Ma) Bhawani may choose any of her weapons, which are nothing but very powerful bombs as compared to atomic bombs existing on the earth. Any nuclear or atomic bomb on whole earth can not match the supremely powerful infinite bombs and Astras and Shastras of Mother(Ma) Bhawani, Ma Jagdamba, Ma Gauri and Ma Kali or Mahakali.

Hare Krishna Hare Krishna Krishna Krishna Hare
Hare
Hare Rama Hare Rama Rama Rama Hare Hare

These Devis(Goddesses) are situated all over the Indian subcontinent and specially within India. These Shaktis had their bodies made initially of bone and flesh like we human beings. *BUT THEY DID GREAT TAPA, PENANCE AND AUSTERITY TO TRANSFORM THIER BODIES INTO A POWERFUL SOURCE OF FIRE AND ENERGY ALMOST LIKE ENERGY OF ATOMIC REACTORS. My salute to such Indian Goddesses of shakti and power. Three eyed God Shiva, the aadi yogi also posses such powers.*

These devi shaktis are always ready to help us in the times of distress. So guys these adi Skakti Devis(Goddess), transformed their simple biological bodies into a body of atomic reactors,



by their great tapa, fasting, penance and austerity. Our Indian daughters can also do jap, tapa, penance, Aarti, puja, vrata, in a similar way like Ma Parvati, who did such great tapa, that she could not only match but exceeded the power of Shiva the aadi yogi Mahadev. Suppose all our loving daughters of India try to transform themselves, India will become a jewel. Suppose if anyone follows mother(Ma) Parvati, and is able to transform her simple body into a body of atomic reactors, she may illumine the whole world and the humanity.

Hare Krishna Mahamantra:

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare

As described above 16 words Hare Krishna Mahamantra is a Spiritual tablet of ISKCON. If you take this tablet 2 times a day for only 11 days, you can transform yourself from a normal crippled being towards becoming a powerful like Krishna. It is my personal experience of last 25 days during recovery period from Corona. Whatever mantras we have, I firmly believe that they all are spiritual tablets having different properties of wellness or well-being. Some tablets will make you Shiva, some will make you Narayana, some Vishnu, some Sita, some Ma Parvati, some Ma Bhawani, some Ma Durga and some Ma Kali. All religions should come on a single platform to establish a better single Dharma(Sanatan Dharma) for all. Whole universe should reverberate only with chanting of Krishna Mahamantra and SANATAN DHARMA. Only Hare Krishna Mahamantra should remain to be chanted by all. Whom Lord Shiva and Krishna will bless, they will survive and others might be punished and reformed.

Hare Krishna Hare Krishna Krishna Krishna Hare Haare.

Hare Rama Hare Rama Rama Rama Hare Haare.

While giving lessons to Arjuna in the battle of Kurukshetra, Krishna says:

“BIJAM MAM SERVA-BHUTANAM
VIDDHI PARTHA SANATANAM
BUDDHIR BUDDHIMATAM ASMI
TEJAS TEJASVINAM AHAM.”

Meaning of the above shloka from Bhagwat Geeta is:

O son of Pritha, know that I (Krishna) am the original seed of all existences, the intelligence of

the intelligent, and the prowess of all powerful men. Thus Krishna is the seed (BIJA) of all existence and creation. He is so powerful. He is a multidimensional God.

Lord Shiva is the owner of 99% empty space and only 1.0 % is occupied by planets, physical creations and all galaxies. Shiva has given only 1.0 % of total space to create planets, galaxies and stars. Lord Shiva (whose meaning is ‘That which is not’ means empty space which is 99 percent in whole Universe or Brahmand). Lord Krishna will establish an era based on chanting of 16 words Hare Krishna mahamantra as mentioned above. Particularly Shiva, has the power to create and annihilate many planets and establish many planets. If Lord Shiva and Lord Krishna forgives Ashwathama of Mahabharata, then Ashwathama will be ready with Hanuman and Parashuram to protect India.

Lord Parashuram, Lord Hanuman and Great pain bearer Lord Aswathama, the trio are still alive on earth according to scriptures. The trio are themselves like atomic reactors oozing out bombs like Brahmastra and other astras as and when required.

I have read from somewhere long back in Bhagwat Geeta, that by the mere touch and presence of child Krishna, the dry trees and leaves became suddenly green and they started giving luscious fruits filled with nectar. The cows increased their milk many times, mothers increased their milk in their breast many times in the presence of Krishna.

There was no dearth of milk, butter, curd, chaach, all very luscious and filled with nectar. So, what will happen in India, if all listen Hare Krishna Bhajans and transform themselves to become Krishna. Just imagine the food taste you will get. I pray that you all start Hare Krishna Mahamantra chanting right now. You have enough time in your life. You need not to sleep more than 3 hours a day. Three hours per day sleep is enough as described by sadguru Jaggi Vasudev in one of his videos on Youtube. Sadguru even did not sleep for 3 days and was feeling fresh, he was not tired.

SO, TRANSFORM YOURSELF INTO KRISHNA AND RADHE by practising yama, niyama, dhyana, dharna, samadhi, austerity, penance, love, charity, all inclusiveness, sadhna, pranayama, asana, tapa, japa and puja etc.



I request you all to Listen HARE KRISHNA Bhajans to reduce pain and agony and to live happily (see YouTube links provided in Reference Section of this paper)

VI. MY MESSAGE AND PRAYERS FOR INDIANS AND THE WORLD COMMUNITY FOR TWO TABLETS

Dear our colleagues and friends, I am very proud to observe the execution of policies and plans by our government, in a very efficient, effective, outstanding and excellent manner across whole India, irrespective of cast, religion, sex, location and place. In current situation of pandemic, India needs saints and social reformers like Acharya Binoba Bhave, Mahatma Gandhi, Raja Ram Mohan Rai, Gurudev Nanak ji, Shiva ji, Kabir ji, Tulsi das ji, Krishna ji, Mahadev ji, Narayan ji, Hanuman ji, Parashu Ram Ji, Ashwatthama ji, and Lord Rama ji etc. Assuming myself sincerely as the extended hands of LORD KRISHNA, I bless you all friends from the bottom of my heart that you will see, wiping out of corona from India soon. Not only India, but from the whole world Corona will go away soon.

I will feel very much proud when I will see you all respecting and taking care of your sacred mother and father, your parents and the needy. I will be very much moved and touched when you bow down on the feet of your mother and father for their blessings. Assuming myself as extended hands and mouth of LORD KRISHNA, I bless you all from the bottom of my heart that you all will live more than 100 years with good health. That is all, I wanted to convey in my message to you all friends across the world, Convey my salute and Namaste to your sacred mother and father.

Dear all, it is my personal experience that TWO TABLETS to remove corona are:

Tablet 1: Chanting of Mahamrityunjai Maha Mantra 108 times in morning and evening and

Tablet 2: Chanting of Hare Krishna Ma haMantra 108 times in morning and evening.

The mahamantras should be chanted 108 times, morning and evening each day for continuous 11 days. Start chanting today itself and get relief from corona. Healing and recovery becomes faster by chanting these two mahamantras.

I am sure if you do this on urgent basis seeing the seriousness of critical situation in our great country Bharat, Corona will go away immediately from India. If the mantra is chanted by whole world irrespective of caste, religion, country and sex, the world will be saved from Corona. YouTube video on Mritunjai Mahamantra and Hare Krishna Mahamantra are provided in the reference section of this paper. You see these video and forward the videos to all your friends and relatives across the word. Thank you all so much. The two mahamantras are given as follows.

1. MRITUNJAI MAHADEV TRAHIMAM SHARGATAM
JANM MRITTU ZARA BYADHI PIDITAM
KARM BANDHNAHI

OM TRYAMBKAM YAZAMAHE
SUGANDHIM PUSHTI VARDHANAM
URVARUKMIV BANDHNANA MRITIYOR
MUKSHIYA MAMIRITAT

2. HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE
HARE RAMA HARE RAMA RAMA RAMA
HARE HARE

REF.: <https://youtu.be/L-y1sr1qUIE>

Preview YouTube video on Mahamrityunjay Mantra 108 times, ANURADHA PAUDWAL, HD Video.



VII. BLOOD REPORT AFTER I AM CURED FROM CORONA

My blood report from Salvus lab Ahmedabad is attached herewith for all of my well-wishers. The report says (see Tables-1 to Table-3)., I am perfectly ok now except slightly raised triglyceride level (see Table-4).



Table-1: Haemogram Report.

Patient's Name:	Vijaykumar Singh	Age:	Sex:
Referred by:	Dr. Ashish Joshi		
Date:	07/05/2021	Ref. No.:	281

HAEMOGRAM REPORT

TEST	RESULT	UNIT	NORMAL RANGE
BLOOD COUNT:			
Haemoglobin	13.5	gm%	(M:13 - 18,F:12 - 16)
R.B.C.Count	4.52	mill/cmm	(M:4.5 - 6.0,F:4.2 - 5.4)
W.B.C.Count	12400	/cmm	(4000 - 10000)
Platelet Count	2.38	lacs/cmm	(1.5 - 4.0)
DIFFERENTIAL COUNT:			
Polymorphs	72	%	(60 - 70)
Lymphocytes	24	%	(20 - 40)
Eosinophils	02	%	(1 - 4)
Monocytes	02	%	(2 - 6)
Basophils	00	%	(0 - 1)
Band Cell	00	%	
BLOOD INDICES:			
P.C.V	38.6	%	(M:42 - 52,F:37 - 47)
M.C.V	85.4	fl	(80 - 90)
M.C.H	29.9	pg	(27 - 31)
M.C.H.C	35.0	g/dl	(32 - 36)
R.D.W	42.3	fl	(39 - 46)
PERIPHERAL SMEAR STUDY:			
RBCs	Normocytic and Normochromic.		
WBCs	Leucocytosis with Neutrophilia		
Platelets	Adequate and Normal.		
Parasite	Malarial Parasites not seen.		
ESR:			
	mm/1st hr	(M:5-15 ,F:6-20)	
	mm/2nd hr	(M: < 30 ,F: < 38)	

Patient's Name:	Vijaykumar Singh	Age:	Sex: Male
Referred by:	Dr. Ashish Joshi		
Date:	07/05/2021	Ref. No.:	281

TEST	RESULT	NORMAL VALUE
D - DIMER :	200.1	< 500 ng/mL Normal > 500 ng/mL are to be considered as path.elevated

Dr.Bharat B.Patel MD (Path&Bact) Dr. S.M.Patel MBDCP Dr. Pravin R. Shah MD.(Path)

Table-4: Lipid Profile.

Patient's Name:	Vijaykumar Singh	Age:	Sex: Male
Referred by:	SELF		
Date:	07/05/2021	Ref. No.:	537

LIPID PROFILE

TEST	RESULTS	UNITS	NORMAL VALUES
Serum Cholesterol	203.4	mg/dl	125 - 200 mg/dl Risk indicator If above 200 mg %
Serum Triglyceride	296.5	mg/dl	Desirable level/low risk : <150 Borderline level/moderate risk : 150-200 Elevated level/high risk : > 200
S. HDL Cholesterol (Direct)	54.0	mg/dl	35 -70 mg/dl Prognostically Favorable More than 55 mg % Risk indicator less than 35 mg %
S. LDL Cholesterol (Direct)	90.1	mg/dl	Prognostically Favorable less than 100 mg % Risk indicator More than 100 mg %
S. VLDL Cholesterol	59.3	mg/dl	15 -35 mg/dl
LDL/HDL Ratio	1.67		Desirable level/low risk : 0.5-3.0 Borderline level/moderate risk : 3.0-6.0 Elevated level/high risk : >6.0
Total Cholesterol/HDL	3.77		Low risk : 3.3-4.4 Average risk : 4.4-7.1 Moderate risk : 7.1-11.0 High risk : >11.0

Table-2: C-Reactive Protein and LDH Level.

Patient's Name:	Vijaykumar Singh	Age:	Sex: Male
Referred by:	Dr. Ashish Joshi		
Date:	07/05/2021	Ref. No.:	281

S.Creatinine	1.03	mg/dl	(0.8-1.4 mg/dl)
S.G.P.T.(ALT)	68.2	U/L	(0-40 U/L)
S.G.O.T.(AST)	47.9	U/L	(0-40 U/L)
S. Bilirubin(Total)	0.69	mg/dl	(Upto 1.0 mg/dl)
S. Bilirubin(Direct)	0.45	mg/dl	(Upto 0.3 mg/dl)
S. Bilirubin(Indirect)	0.24	mg/dl	(Upto 0.7 mg/dl)
S. Protein(Total)	7.3	gm/dl	(6.2-8.4 gm/dl)
S. Albumin	4.0	gm/dl	(3.5-5.0 gm/dl)
S. Globulin	3.3	gm/dl	(1.9-3.5 gm/dl)
A/G Ratio	1.21		(1.3-1.7)

C- REACTIVE PROTEIN

TEST	RESULT	UNIT	NORMAL VALUE
C-Reactive Protein: (Quantitative)	13.0	mg/L	[Adults: Up to 10.0 mg/L] [New borns up to 3 weeks: <4.1 mg/L] [Infants & children: <2.8 mg/L]

LDH LEVEL

TEST	RESULT	UNIT	NORMAL RANGE
LDH LEVEL:	310.1	IU/L	(235 - 470 IU/L Adults) (Children < 12 Years old have LDH levels 10-15 % higher than adults ones .

Table-3:D-Dimer level.

VIII. TREATMENT OF CORONA AT CIMS AND INDUS HOSPITALS

CIMS hospital's team treated me from 13th April, 2021 to 22nd April, 2021 through Intravenous(IV) medication at my home.

1. I was admitted to INDUS hospital Nikol on 23rd April, 2021, at 1:30 AM and was treated upto 27th April, 2021
2. I was discharged at 21:00 hrs on 27th April evening from INDUS hospital, Nikol and reached to my A7, Sterling Apartment-1, at 22:00 hrs on 27th April, 2021
3. I took post covid recuperating medicines up to 9th may 2021.



4. I was treated by CIMS team led by Dr. Sahil Doshi and his assistant Harshit.

5. I was treated by INDUS hospital Nikol, Ahmedabad team led by Dr Raju Agarwal and his assistant Kalpesh Mishra

6. I was admitted in the midnight in INDUS Hospital Nikol by Dr. Milind Mahajan of ASG, SAC, ISRO Ahmedabad and my daughter Shubham Singh and my son Uttkarsh Kumar Singh on 22nd April 2021.

IX. CONCLUSION

I was fully cured by 9th of May, 2021 with all the blessings from God Almighty and blessings of my friends and relatives. I wish you all a very healthy and safe environment. I was treated very well by both CIMS and INDUS hospitals. I paid nearly rupees One Lakh Sixty Thousand, for all the expenses in both the hospitals, but it was worth. At least my life was saved from corona. I thank doctors from both the hospitals from the innermost core of my heart. I listened Hare Krishna kirtans and bhajans for almost 9-12 hours daily during the homecare treatment as well as during the tenure of the INDUS hospital, Nikol. Therefore, along with allopathic medication, listening of bhajans and kirtans, as mentioned in reference was going on side by side. Apart from bhajans and kirtans related to Hare Krishna mahamantra, I also listened videos by Sadguru Jaggi Vasudev and Maha Mritunjaya Mahamantra repeatedly for 25 days and still continuing. What I have found that due to these spiritual bhajans I found myself in a very happy state while lying on the bed of the hospital. It seemed as if my all the feel good hormones were balanced by listening bhajans and Kirtans of Hare Krishna by ISKCON devotees, Bhaktas, Das and Dasis.

Krishna assumes you all as extended hands of him and treats you all as his children. But Krishna becomes furious also a with persons who commit mistakes and sins. So guys be alert. You all should chant Hare Krishna Mahamantra and Mahamrityunjaya Mahamantra to become pure in your heart and in your actions. Chanting of these Mahamantras and singing kirtans and bhajans, have very good healing effects and they aid in a faster curing by medicines. Chanting spiritual mantra and bhajans complement, the treatment by allopathic medication. In Sundar kand of epic Ramayana, good personality of Child(Bal) Hanuman is described and some where it is written ' Leeleo Tahi Madhur Fal Janyo'. Hanuman was so blessed with fire power that he gulped the big star like sun,

which itself is a type of atomic reactor. If he gulped the star like sun, then Hanuman ji is even a bigger star who can gulp many suns and stars. He is most powerful having his body made of atomic reactor with great fire power. Similarly, Mother (Ma) Kali, Ma Sarawati, Ma Laxmi, Ma Jagdamba, Ma Bhawani, etc., are devis(Godesses), whose bodies are made of atomic reactors which oojies out weapons, like Brahmastra, Agneya Astra, Varunastra etc. These all Devi and Devtas are still protecting us and the mother earth. It is believed that Lord Hanuman, Lord Parashuram and Lord Ashwatthama of Mahabharata are still alive on earth and protecting India and Mother Earth. Spiritual practices complement allopathic medication and help in faster recovery of patients. One is incomplete without the other. Dawa (medicines) is necessary along with Dua (Prayer and spiritual practices). Some friends add one more thing from lighter side that is Daru. They say Dava, Dua and Daru(Liquor), but I don't agree for Daru(alcoholic drinks). Thank you all and everybody.

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I thank from the bottom of my heart to Shri Nilesh M. Desai, Director, Space Applications Centre (SAC), ISRO, Ahmedabad for encouragement and all kinds of support and guidance to his staff and SAC employees, to help Corona patients like me and other SAC patients.

My sincere thanks to Shri Rajeev Jyoti, Deputy Director, MRSA, for suggesting me to do pranayama and Anulom Vilom breathing exercises to improve my Oxygen saturation level, which really helped me to recover faster from Corona, especially during post covid recovery period.

I am overwhelmed with emotions and no words can express the help provided at the critical and right juncture by Dr. Milind B. Mahajan, Group Director, Antenna Systems Group, SAC, ISRO Ahmedabad and also his wife Dr. Seema Mahajan, for admitting me in Oxygen bed Indus Hospital at Nikol, Ahmedabad, in the mid-night of 22nd April 2021 and thus saving my life, and asking about my well-being on a daily basis.

I am extremely thankful and grateful to my 53 years oldspouse Mrs. Pratima Singh, a house wife, who took extreme care in preparing good food during my home care treatment of corona by CIM's hospital team, during my hospitalization in Indus Hospital Nikol Ahmedabad and also during my



post covid recovery period and further continuing. She is Master of Arts (MA) in Sociology and mother of my 26 year old daughter Ms Shubham Singh and 22 year old son Mr Uttkarsh Kumar Singh.

I thank and bless my 26 year old daughter Ms Shubham Singh from the inner core of my heart and my soul for the duties she did for me during my treatment of corona initially at my home for 12 days and then during 6 days hospitalization in Indus Hospital Nikol Ahmedabad. She daily visited to me along with her brother Uttkarsh and supplied me with fruits, water bottles and medicines. She received her B.Sc. degree in Physics, Statistics and Mathematics from St. Xavier's college, Ahmedabad and then M. Tech. degree in Information Technology from VIT, Vellore, Chennai. She is an IT professional with over five and half years of experience in Information technology at WIPRO tech., Bangalore. Shortly she will be saying a goodbye to WIPRO India, and will be joining International Business Machines (IBM corp.), India. She has been extremely caring during my covid treatment period and also during post covid recovery period. May God bless her in all her future endeavors.

I thank and bless my 22 year old son, Uttkarsh Kumar Singh, from the bottom of my heart for the services he did for his ailing father. When my Oxygen saturation level was 88-90 during home care, he arranged Oxygen cylinder with great difficulty in the mid night of 21st April 2021. He drove and took daily food, fruits and water bottles to the INDUS hospital which is 29 KM away from my residence at Bopal, Ahmedabad. He took me along with my daughter Shubham and Dr. M.B. Mahajan and drove to hospital in midnight of 22nd April, to get me admitted in the hospital and again bringing me home when I was discharged from the hospital in the evening of 27th April 2021. Having a B. Tech. degree in Information Technology, he is now working as a Software Engineer in Publicis Sapient, Bangalore. May God bless him in all his future endeavors.

I am very much grateful to many of my friends, well wishers and relatives for the help, concerns and their prayers for me during my hospitalization for Corona treatment. I thank them all from the bottom of my heart. Those friends, well wishers, and relatives are as follows:

Dr. S. B. Chakrabarty, Sanjeev Kulshrestha, Sharad Shukla, Tapan Misra, Arundhati Misra, D. K. Das, Anuradha Sharma, Ramesh Sohanda, C.V.N. Rao, Jolly Dhar, Dibyajyoti Dhar, Harshita Tolani, Abhishek Kunal, Anamiya Bhattacharya, Mahendra Pratap Singh, Sheeja, Shailendra Singh, Ajai Singh, Dr R.P. Singh Dr. D. R. Rajak, Dr R.C. Gupta, Abhishek, Mohit Ananad, Rohit Nandwani, Dr. R.B. Singh, Nilima Rani Chaube, Mrs. Ruchi Shukla, Vijay Rupani, Narendra Modi, Amit Shah, Rajnath Singh, Nirmala Sitharaman, Yogi Adityanath, Dr. Raju Agarwal from Indus hospital, Dr. Sahil Doshi from CIMS Hospital, Dr. Randeep Guleria, Dr. Naresh Trehan, Muhammad Aaqil Faaruqui, Jagad Guru Jaggi Vasudev, Swami Parmanand Ji Maharaj, Sravan Sagi, Ranajit Dey, Gurav Upadhyaya, Dinesh Jangid, Dharmendra Singh, K.P. Raja, Tushar Mathuria, B. K. Pandey, Dhriti Seth, Gaurav Seth, Yogesh Tyagi, Pratik Mewada, Raksharam, Kashish Grover, Srimann Rakshit, Kripa Shankar Singh, Anil Solanki, Deepa Sharma, Anand Singh, Gaurav, Srimann Rakshit, Ramroop Mali, Dr. Prakash Chauhan, Prof. O. P. N Kalla, Dr. Achim Dreher, Dr. K. Sivan, Kalpesh Mishra, Harshit, Ravikant Gupta, Ashok Agarwal, Harishankar Gupta, Khagindra Kumar Sood, Priyanka Gupta, Priyanka Jangid, Lalit, Shubham, Rati Singh, Sanjai Singh, Kaushik Mukherjee, Akhilesh Srivastava, Archana Verma, Manish Rai, Tripti, Rajneesh Rai, Lt. Harbinder Singh, Harvinder Singh, Alka Didi, Nutan, Amit, Gaur Bhabhi, D. K. Gaur, Sasi Bhabhi, Col. Sasi Sahab, Shobhendu, Deepa, Haresh Bhatt, Parul Bhatt, Saxena Agustin, Kshiti Saxena, Srinivasulu Sakaram, Satish Sharma, Mangla Sharma, Kushal Sharma, Shristi Sharma, Pant Bhabhi, Joshika, Anshika, Mr. Ratna Prabhu, Mahender Singh. Lt. Dr S. B. Sharma, Vivek Sharma, Pramilla Sharma, Shashank Sharma, Shashank Saxena, Prantik Chakrabarty, Devendra Sharma, R. B. Singh, Siddharth Singh, Anup Agnihotri, Keshav Ram Agnihotri, Raj Veer Singh, S.S. Gill, Budhwara Singh (Father), Chandni Singh (Mother), Amaresh Bahadur Singh (Uncle), Ram Manorath, Ram Kumar, Mahender Kumar Singh (Father in Law), Ritesh Singh, Jai Kumar, Mukesh Singh, Yogesh Singh, Ashwin Patel, D.K. Singh, Kaushik Parikh, Sandip Paul, Naveen Shukla, Uma Singh, Reeta Singh, Ambika Singh, Santosh Kumar Singh, Amita, Dileep Singh, Sumit Singh, Sonam Singh, Umesh Singh, Baby Singh, Bablu Singh, Babli Singh, Arun Bindal, Neeru Bindal, Ashutosh Bindal, Vijay Ojha, Gopal Gi Ojha, Vineet Gupta, Karunakar Pandey, Gopal Pandey, Kiran Pandey, Raunak Mehta, Nidhi Mehta, Jaspreet Singh, Shipra



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Last but not the least, I thank all those near and dear once, who directly and indirectly helped me and prayed for me for my faster recovery. Due to blessings of all above mentioned friends, well wishers, relatives and blessings from the God Almighty, I have fully recovered and became healthy by now and enjoying life in bliss with my family and friends. Thank you all for saving my life from deadly corona.

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Youtube Links for Hare Krishna Bhajans, Kirtans, Hanuman Chalisa, Mritunjaya Mahamantra and some videos by Sadguru Jaggi Vasudev are as follows.

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BIO-DATA OF DR. VIJAY KUMAR SINGH



Dr. Vijay Kumar Singh was born in Bahraich, Uttar Pradesh, India on August 21, 1967. He received his B.Sc. degree in Physics, Statistics and Mathematics from Ewing Christian College, Allahabad University, Allahabad in 1987. Dr. V. K. Singh received B. Tech. in Electronics and Telecommunication Engg. from J. K. Inst. of Applied Physics & Technology, Allahabad University in 1990 and M. Tech. in Electronics Engg. (Microwave) from Indian Institute of Technology, Banaras Hindu University, Varanasi, in 1993. Since, 1993, he has been with the Antenna Systems Group in Space Applications Centre, ISRO, Ahmedabad. Current he is a senior engineer (Designation: Sci./Engr. G) in the microwave sensors antenna division of antenna systems group of space applications Center (ISRO). He was awarded Ph. D. degree from Gujarat University in 2010, on multifunctional microwave mode transducers in the field of microwave and antenna engineering. He designed and delivered antenna, feed and OMT for Multi-frequency scanning microwave radiometer (MSMR) for Oceansat-1 mission. He has worked on the investigation of phase centre of antennas for SRTM mission at DLR Germany in 1999. He designed and developed planar array antenna for Radar Imaging Satellite (RISAT) and scanning scatterometer antenna and rotary joints for Oceansat-II and Scatsat-1 missions. He has been actively involved in the design and development of millimeter wave antenna and feed systems for temperature and humidity sounders. He was awarded with ISRO team excellence awards for his

contribution for space borne scatterometer payload & RISAT payload. His area of interest is multi-mode couplers, transducers, wideband multi-frequency feeds, beam waveguides, tracking mode couplers, multi-channel microwave rotary joints, dual-polarized microstrip antennas and reflector antennas for microwave and millimeter wave, satellite remote sensing applications. He has around 45 publications in international/national journals and conferences and 5 international/National Patents to his credit. He has

designed currently QFRH feeds and folded dipole array at 2-14 GHz. Currently he is working on design and development of a Beam Waveguide (BWG) fed 6M Cassegrain antenna for terahertz telescope to be installed in Hanly Leh India. Also working on VLBI telescopes in India which will be the part of the International VLBI chain. He likes listening Hare Krishna Mahamantra Kirtans of ISKCON and also listening Mritunjaya Mahamantra. He likes to play Tabla. He earned Tabla Visharad degree from Gandharva Mahavidyalaya Mumbai.

Jai Hind, Jai Bharat, Jai India.