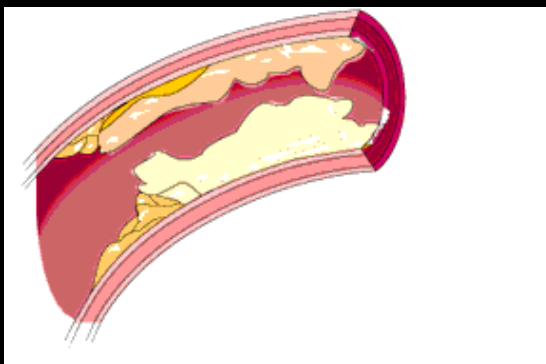




Flow Directed Crossing of Complex Coronary Lesions

Eating with the help of brain signals and its impact on health, diseases, economy, climate and global peace

Copy-write
Patent pending



Dr. Yash Paul Sharma

Additional Professor

Dept. of Cardiology

PGIMER, Chandigarh



History of Coronary Angioplasty



1711 — Hales conducts the first cardiac catheterization of a horse using brass pipes, a glass tube and the trachea of a goose.

1929 — First documented human cardiac catheterization is performed by Dr. Werner Forssmann in Eberswald, Germany





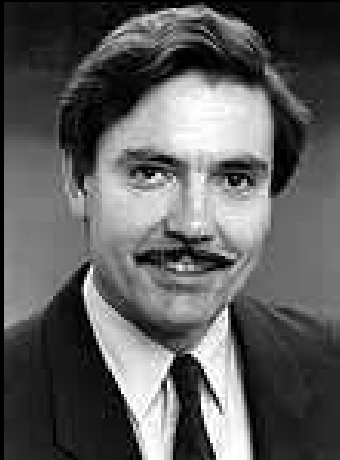
History of Coronary Angioplasty



- 1964 — Transluminal Angioplasty, the concept of remodeling the artery, is introduced by [Dr. Charles T. Dotter](#)



- 1958 — The diagnostic coronary angiogram — the key to selective imaging of the heart is discovered by [Dr. Mason Sones](#)



- 1977 — [Andreas Gruentzig](#) performs first cath lab PTCA on awake patient in Zurich; starting with this case, all PTCA data is entered into a worldwide registry

NEW INSIGHT IN SCIENCE (Universe Transformation)

- Eating with the help of Brain signals Yash India Technique and its Impact
- Paradigm shift in Science and Research
- YASH PGI Flow guided Technique -PGI DRDO Patent

UN SLOGAN

YEAR OF ASTRONOMY 2009

UNEXPECTED DISCOVERY AND ITS IMPACT

- Eating with the help of Brain signal :

“Yash India Technique & its Impact”

- Theory \longrightarrow to be told

RESOURCES AND BETTER UTILIZATION

- 18 years research work up to increase resources, success.
- Division health infrastructure development.
- Natural assets and climate change.
- Education, poverty development are Interlinked and deeply related.

Discussion of Theory, Technique and Research

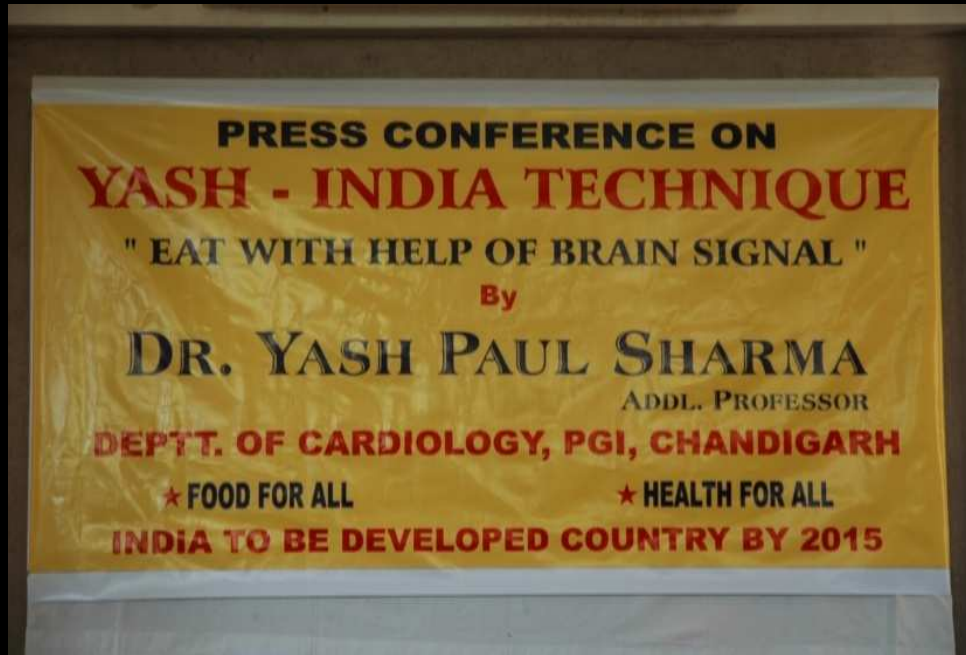
- Deliberation
- Discussion with Prof. Chattwal (Helmhorts ,Germany)
- Prof. Dhalla (Director Winnipeg, Manitoba, Canada)
- Judiciary
- Media
- Beaucrates ,Technocrats ,veteran, politician
- Admired by all and told to be noble prize winning and theory research.

Copyright and Patent

Copyright, patent national and international

- Del./1921/08 (Eating with the Help of Brain Signal)
- Del./1921/08 (PGI-DRDO Patent)
- WIPO International 2008

Press, Radio & Video Release National and International



HT

'Eat with help of brain signals'

HT Live Correspondent
Chandigarh, June 29

THE AGE-OLD adage "eat slow and remain healthy" was underscored at the Yash-India Technique conducted here today by Dr Yash Paul Sharma, Additional Professor of Cardiology, at the PGIMER in Chandigarh.

"Eating with the help of brain signals is a way to healthy living," said the professor.

If one eats one-fourth to half of his diet (chapattis) with sufficient amount of cooked cereals and vegetables slowly, in 15-20 minutes, will provide more calories, energy and efficiency, besides keeping one active.

Moreover, it will help maintain healthy and disease-free body because signals to the satiety centre goes from the brain at an appropriate time.



DR YASH PAUL SHARMA
Additional Professor of Cardiology, PGI

Then, one can't eat more food. On the other hand, eating faster leads to overeating and by the time the signal reaches to the satiety centre, it is too late.

The blood supply from various vital organs, heart, lungs, brain, eyes, kidneys and all other organs of the body gets diverted to the stomach, intestine and splanchnic circulation, as a result these organs get less blood, oxygen and less glucose.

This is the root cause of many diseases, including heart attacks, brain stroke, hypertension, diabetes, glucose intolerance, insulin resistance, metabolic syndrome and cholesterol.

It may also result in early aging, greying of hair and some of the cancers. A person becomes obese when he usually takes excess of calories by eating in a wrong manner, without using his brain signals.

Eat slowly to stay fit, says expert

TRIBUNE NEWS SERVICE

CHANDIGARH, JUNE 29

Many of us tend to overestimate the amount of food we need. The lack of portion control is one of the reasons why over 40 per cent of people are either overweight or obese. This was stated by Dr Yash Pal Sharma, cardiologist, while talking to the mediapersons at the Press Club here today.

He informed about his novel technique, "Eating with the help of brain signals". He assured that through this technique one could get rid of so many diseases, including central obesity.

After observational experience on more than 1,000 persons of various fields (doctors, journalists, engineers), he concluded that eating slowly resulted in feeling full sooner, and thus eating fewer calories. "Eating fast results in

taking too many calories before you realise you have eaten enough. It takes approximately 20 minutes from the time you start eating for your brain to send out signal of fullness.

Leisurely eating allows ample time to trigger the signal from your brain that you are full. And feeling full translates into eating less," said Dr Sharma.

Obesity among children in India is already well-documented. Even in Chandigarh, about 30-40 per cent men, 50 per cent women and 30 per cent children are affected from central obesity, informed Dr Sharma.

Due to eating fast signal reaches the satiety centre late. The blood supply from various vital organs of the body gets diverted to the stomach and intestines. With the result the vital organs get less blood, less glucose and less oxygen.

This is the root cause of

many diseases, including central obesity, heart attack and sudden cardiac death, brain stroke, hypertension, insulin resistance, metabolic syndrome. In some cases, even cancer, early aging, greying of hairs and premature death can also occur.

"It's true that eating slowly and taking smaller bites can be very difficult to do, especially when a person is busy and famished."

"But one day you will find it easier to slow the pace if you eat regular meals, and never allow more than four hours to pass between meals," says Dr Sharma.

"Take 15 minutes to relax, recharge, and refuel. These mini-breaks help to relieve stress too. Still can't slow down the pace? Try a few other tricks to help you recognise a full belly: Push away from the table and drink a large glass of water."



Dr Yash Pal Sharma

THE TRIBUNE

Importance of YASH India Technique Theory

- Eating with the help of brain signals and importance of new pathway
- Plagiarism in Science (Discovery of New Pathway)
- SCD
- HTN
- MI
- Other diseases
- Global Risk Factors Reduction World Wide

Importance of YASH India Technique Theory

cont.....

- Post prandial angina
- Post prandial Arrhythmia & SCD
- Theory recovery of global recession
- Post prandial hypoxia
- Metabolic disease / autoimmune diseases.
- Gene expression and its transmission to the further generation.
- Animal model – Patent
- Same will apply to Human beings

Mechanism Involved

- Signals
- Receptors
- Centres in Brain



Theory of Abundance of energy with less (appropriate) food

- Less food gives more energy
- More food takes away the energy
- Theory of timing of the intake of food

Theory of circulation

- Theory of altered/ diversion blood supply
- Excess supply
- Advised supply of nutrients to vital organs

Shift in various Indices

- Press conference
- National and International polices
- Economical indices,
- Bio chemical
- other parameter
- AHA Diet Chart/Simplified diet chart
- Simplified Aetopallusion of diseases, and better efficacy of drug with better outcomes

Better Health indices

Automatic improvement in

- Physical
- Social and
- Mental Health
- Alleviate poverty malnutrition's both overweight and under weight
- Contentment and Peace

- DNA
- RNA
- Going apparatus
- Mito Chondria, Receptor, Signals, Enzymes etc
- Oxygen and Glucose uptake
- Appropriate cell deviation

Contentment and Peace

- Faster Economic growth
- Global development and peace

Prevention of Exploitation

No commercial and Academic exploitation of Discoveries/Copyrights/Patent and ideas

Mission

Sacroscant Theory/Invention and research
For Humanity and Mankind

- Food for all
- Health for all
- Global development and
peace

YASH-INDIA TECHNIQUE: EATING WITH THE HELP OF BRAIN SIGNALS.

Copyright (L-30627-2008)

In the present era central obesity is one of the most common metabolic diseases and greatest threat of the health because of possibilities of numerous complications

By this novel technique of eating with the help of brain signal one can attain complete health in the form of physical social mental and spiritual well been (WHO definition).

If one eats one fourth to half of his diet (Chapaties) with sufficient amount of cereals and vegetables cooked in less oil, slowly in fifteen to twenty minutes, this gives more calories, more energy and more efficiency activeness along with healthy and diseases free body, because the signals to the satiety centre goes at the appropriate time with slow and proper eating of food. After that one cannot eat more food.

By eating fast, always over eating occurs. Because by the time the signal reach to the satiety centre it is too late and it tells that overeating has occurred. The blood supply from various vital organs, Heart, Lungs, Brain, Eyes, kidneys etc. and all other organs of the body gets the diverted to the stomach, intestine and splanchnic circulation.

With the result the vital organs get less blood, less Oxygen and less glucose. This is the root cause of many diseases including central obesity, Dyslipidemia, premature atherosclerosis, heart attacks, sudden cardiac death, brain stroke, hypertension, diabetes mellitus, glucose intolerance, insulin resistance, metabolic syndrome hypercholesterolemia, hypertriglyceridemia and low HDL etc. Even some of the cancers, early aging, graying of hairs and premature death.

Eating with the help of brain signal one can get rid of so many diseases. This has a lot of implications at individual, family and national levels. This may help in improving the economics of a country.

YASH INDIA INVENTION: Theory –Invention/discovery

The fact to be accomplished by me is the invention, perfection, and introduction and practice of practicable system of “**Yash India Technique : Eating With The Help Of Brain Signals and Its Impact**” which is energy saver, gives more energy and efficiency to body with less diversion of blood supply altered blood supply from vital organs to the stomach, intestine, and splanchnic circulation.

This will affect every cell and organ of the body which are interlinked & deeply related it affects all the receptor and enzymes and an hormones to act efficiently and appropriately.

It will awaken each object in the Universe and Globe .This will bring a paradigm shift in the field of research, medical and an allied sciences.. It will unravel the mystery of aetiopathogeniss of many diseases presently unknown. There will be better physique with constructive healthy thinking leading on to end of corruption; plagiarization .This will also reveal the mystery of missing link of many diseases. How the plagiarization and corruption has been discovered in to sudden cardiac death, cancer and many other diseases and natural disasters have been discovered.

It will also transforms the DNA and all structures of a cell. Thus resulting in delaying in aging, pronging life span controlling the metabolic, genetic and other diseases genomics, resulting in prevention and better therapeutic of many ailments.

It will ensure food for all, health for all, and global risk factors reduction world-wide and best treatment for all by decreasing the societal gap. It will ensure strong economy with enormous resources, immense growth, development, peace prosperity and will prevent natural disasters and maintain eco-balance.

It will ensure securities and near equal opportunities for all, thus creating a healthy transformed world with moral values (Dawn of New Era).

It will have an impact factor on more than six billions living creatures, fauna & flora of the nature. Also ensure free knowledge and also ignite fresh fire in the national and global veins with dawn of new era.

Dr. Yash Paul Sharma

Additional Professor and former Head

Deptt of Cardiology, PGIMER-Chandigarh

INDIA

With Inspiration of

SWAMI VIVEKANAND AND RAVINDER NATH TAGORE,

Copy-write patent

Thanks!!

WELCOME
to
CITY BEAUTIFUL CHANDIGARH
INDIA