

GAJALA SAHANAZ

**Irritable bowel syndrome, Colon ulcer, h. Pylori
helicobacter pylori infection insomnia and migraine**

Gajala Sahanaz, a 38-year-old woman from Baidyabati, Hooghly, West Bengal, had been suffering from a colon ulcer associated with *H. pylori* infection, along with insomnia, night-time migraine, right hand pain, severe constipation, gas, and acidity since December 2025. She underwent local allopathic treatment and later consulted **Apollo Multispecialty Hospital, Kolkata**, where surgery was advised, but her condition did not improve.

In April 2026, she visited Dr. BRC Clinic@Home, Serampore, and consulted **Dt. Shubhankar Das**. Under his guidance, she started following the Raw DIP Diet, Sunlight Therapy, Zero Volt Therapy, Pranayam, and later Millets Ambali. Within one month she became symptom-free, her *H. pylori* test turned negative, and she began leading a healthy, medicine-free life.

	Before (Dec 2025 - Apr 2026)	After (Apr 2026 – 23 July2026)
Medical Condition	Colon ulcer with H. pylori	Recovered 100%
Hospital	Apollo Multispecialty Hospital, Kolkata	• Dr.BRC Clinic@Home, Serampore • Expert: Dt.Subhankar Das)
Medicines taken	Many Allopathic medicines like Bixibat 5 mg, pan 40	• Raw DIP Diet, • Sunlight, • Zero Volt Therapy, • Pranayam, • Ambali
Physical Discomforts	Abdominal pain, gas, acidity,severe constipation	Nil
Investigations	H. pylori Positive	H. pylori Negative

