

The Newborn, is it really? An end to the CVDs, or the Human race? The way we are going unless “Health for All Through Wisdom and Action,” now or never!

Suresh Vatsyayann
The Family Clinic, Gurugram - India



Abstract

The Problem: In 30 years from now (deducting from the history over the last 51 years of my medical education and practice) it can easily be expected that there would be at least one death in each family in the world in a year due to the complications of one or the other non-communicable diseases. This will see the annihilation of our species with rarely any human alive on earth within the next 10-20 years. The cardiovascular disease will be the major player in this saga not by its own doing but as a result of the gastrointestinal system (GIT) and the preprocessing of food that we do making our GIT go against us, or get redundant, lazy, dissatisfied, misused, or abused. What had to happen in a million year, happened in over a few hundred years, worst happened in my 51 years of medical study and practice. My health for all through wisdom and action (action research) started 20 years ago after my coronary artery bypass grafting. Soon it was evident that the action research had very significant effects not only in the heart but in every part of my body and patients' bodies. 20 years later I can see that this action research brought dividends in cases of every non-communicable disease (NCD) not just the CVD. The research findings are exciting, but the most disturbing thing is that all the planning and action was done on the basis of all available knowledge that all of us have, never in the way the reality story I have made it for the populations and the medical professionals at large. I would take the audience over this lifecycle and the genesis of this lifecycle tale and how I achieved what to everyone seems unachievable, an end to all the NCDs.

Biography:

A friend, a philosopher and a guide, Dr Suresh Vatsyayann is a family medicine specialist with an MBBS, FCGP, DNB, FRNZCGP, an international MBA with Distinction, and honours graduate with 1st class honours degree in International Health Development and Policy. He has over 70 publications in the various fields affecting health and has invented 10s of new techniques in surgery and medicine both. He has shared the principles behind a healthy life every week with doctors, medical staff and the general public for the last 47 years in Cook Islands, in New Zealand, in India and the world over. Most of the lectures have been part of the series of "Health for All Through Wisdom & Action," a crusade against the epidemic of the non-communicable diseases (NCD) affecting us

today. He has astonishing results with over 30 thousand followers and beneficiaries of his guidance and management. Dr Vatsyayann has enlightened great medical, management and health policy audiences world over through participating as a speaker in many countries. Many of his enlightening lectures are on multimedia & easily available on YouTube (HTW-Dr Suresh and ourDoctorco channels). He is a firm believer that if every human being starts to understand their body, especially the principles behind the human life cycle, the public would get enlightenment of how and why the body and the society is getting the increasing burden of NCDs. Therefore, the least effort at the levels of education, environment and policy would get us the maximum dividends by way of reducing the NCD burden, untimely disability and death. He is making a visible difference in the lives of individuals, groups of people and the public through one to one, group and mass communication techniques of his, and feels obliged and thankful to all for being able to share his dream, results and educating techniques with his fellow medical fraternity, especially the junior medical and paramedical staff, opinion leaders, general public and the younger generations while they are at school and colleges.

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