

PRESS RELEASE



IIT Alumni Council Launches World's First Open-Source Health Platform, with Ayurveda Revisited – Process Technology Breakthrough.

- Emulated from the IT industry, an open-source - self-learning and continuously evolving, crowdsourcing upgradeable – health and longevity platform is being developed by the IIT Alumni Council. It is believed to be the first attempt of its kind to democratize healthcare knowledge and deliver population scale impact.

- The book opens up practical options for affordable and accessible healthcare. Scientifically validated process, simplicity with particular relevance in preventive, restorative, and personalised health, it can potentially revolutionise our healthcare model. Its scope extends beyond human health to include flora and fauna, presenting health as an integrated, planetary continuum.
- One of the most respected chemical engineers, a distinguished alumnus of IIT Bombay, a DSc from MIT, USA – Dr Shantaram Kane – who was awarded as VishwaGuru by the IIT Alumni Council – has chosen to open-source over four decade of patented research, and observations for public good.
- The book, representing forty years of the author's work, has been edited by Christina Watson, Founding Director of Wellness Lifestyle and a respected thought leader in proactive health, wellness ecosystems and regeneration. The author's original voice and intent to reach a wider audience have been preserved by the editor who has brought together his published and unpublished works into a single compendium.
- The final eight-hundred-page condensed version is presented as a research compendium, with hard copies available on Amazon and a Premium Library Edition for institutions is available directly from Wellness Lifestyle. Digital access for readers worldwide will be also made available shortly, via Wellness Lifestyle's website.
- The sequel, *The Return of the Apothecary*, a coffee table book by Dr Kane and Christina Watson will be released soon. It presents therapeutic uses of Super-Extracts, illustrated with visuals from acclaimed wellness and health retreats and select community health initiatives. The book highlights the Super-Extracts' potential applications across wellness settings and community health initiatives.

- Early adoption is expected among wellness retreats, not-for-profit health initiatives, and Ayurveda centres, offering significant opportunities for impact.
- Dr Shantaram Kane is available for consultations and global speaking engagements through wellnesslifestyle.com, who have sponsored the development and publication of the book.

New Delhi, August 24th, 2025: On India's 79th Independence Day, the IIT Alumni Council (IITAC) announced the launch of the world's first open-source health and longevity platform, envisioned as a global healthcare commons. The launch was marked by the release of *Ayurveda Revisited: Process Technology Breakthrough*, a five-volume compendium by Dr Shantaram Kane, which seeds the platform.

Ayurveda is positioned as a foundational system within this free, non-commercial, globally accessible healthcare platform. The purpose is to create a collaborative and integrated ecosystem – where timeless wisdom meets modern sciences, with genetics and epigenetics in cohort, and discoveries shared openly for the benefit of humanity at large.

From Pages To A Platform

The release of *Ayurveda Revisited* is being framed not as an endpoint, but as the nucleus of a larger movement. The vision is bold: to make healthcare knowledge as open, collaborative, and universal as open-source software once made technology.

Ravi Sharma, President of IIT Alumni Council, captured the ambition: "On Independence Day, we celebrate freedom. There is no greater freedom than freeing healthcare from exclusivity, with healthcare options freely available to all. Ayurveda can play the same role in medicine that Linux played in computing – rigorous, credible, and open to all. This is not about replacing allopathy, but about standing alongside it – together with Ayurveda and other traditional systems – as part of an integrated, universal healthcare model.

Ayurveda, A Science Revisited

At the centre of this movement is Dr Kane's forty-year journey of experimentation. Drawing on his expertise in process engineering and nanoscience, he discovered that complex herbal and mineral formulations could be simplified into therapeutically potent 'Super-Extracts' effective at just a few drops a day. The compendium captures Dr Kane exploring Ayurveda's material science and process methods with scientific rigour.

"I began as a curious tinkerer, much like our ancestors who explored the natural world and its healing powers," Kane recalls. "My first breakthrough was simplifying the preparation of siddha taila, and to my utter amazement, I found that a dose diluted by a thousand-fold was equally potent. That spurred me to keep experimenting with herbs, minerals and *bhasmas*. This book brings together the Super-Extracts, along with the process methods, observations and applications as my open-source contribution – knowledge placed in the public domain for families, practitioners and researchers to adapt and expand."

A Movement Of Many Voices

Satish Mehta, convener of IIT Alumni Social Fund, emphasised the larger ambition: "Dr Kane combines the precision of an engineer with the vision of a technocrat. His deceptively simple approach opens the way to more accessible, affordable, and research-ready healthcare solutions, spanning the preventive to curative spectrum. His contribution enriches India's scientific heritage and lays the foundation for a global open-source health and longevity platform. We believe that this is the first major attempt to create a base for extensive scientific validation of the science of Ayurveda and a pioneering attempt to make some of the most effective and expensive treatments, hereto reserved for the Royal families and Royal physicians, available to the common man. By using the radical invention of super extracts which has its foundation in nano technology and chemical engineering – even medicines based on gold and rare herbs can now be produced in large enough quantities to cater to all mankind. There is no profit motive anywhere. The sole attempt is universal health and wellbeing – with the core objective of preventing sickness and promoting wellness."

He further added, "The launch builds on IITAC's Megaspheres framework. Dr Kane has been felicitated as Vishwaguru – the IIT Alumni Council's highest honour, reserved for

members who embody and demonstrate a rare combination of foresight, scientific contribution and enduring impact.”

Christina Watson, editor of the book and founding director at Wellness Lifestyle, said, “We applaud IITAC for this momentous step. It’s time for a healthcare renaissance. Dr Kane’s simple methods of self-care, health promotion and affordable clinical care provide an empowering option that can reach far beyond the traditionally privileged segment. Dr Kane offers an accessible way to bring Ayurveda’s healing wisdom back into our homes and lives – simple, doable and sustainable. At Wellness Lifestyle, we are proud to have supported the production of this compendium, making decades of his writings accessible to a wider audience.

Geetika Saigal, founder of Beeja House (an independent publishing house and the official publishing partner for IITAC publications) placed it in a cultural frame: “This is not just a book – it is the beginning of a movement spearheaded by IITAC. Publishing it under our Wellness Lifestyle imprint is our way of committing to a future where healthcare knowledge is not hidden in silos but opened up – credible, usable, and accessible to everyone.”

Publication And Editions

Published by Beeja House as a Wellness Lifestyle imprint, with creative and production support from Anytime Media. Christina Watson edited the book, while Wellness Lifestyle sponsored and supported it throughout.

The book is available in paperback and hardcover editions on Amazon. A premium hardcover Library Edition is also being released by Wellness Lifestyle, intended for institutional use such as Ayurveda centres and clinics, wellness retreats and universities.

The Road Ahead

This launch is not just about a book. It is the spark for an open-source healthcare commons – a collaborative, non-commercial platform India offers to the world.

As Dr Kane concludes: “Knowledge only matters when it is shared. I am honoured that my work will forever be part of this Health and Longevity platform – India’s gift to humanity – rigorous in science, humane in spirit, and open to all.”

About IIT Alumni Council

The IIT Alumni Council is the largest global body of alumni across all 23 IITs, aggregating the technological and philanthropic resources of over 50,000 members in 100 city chapters worldwide. Its mission is to catalyse India's technological renaissance through initiatives funded by the IIT Alumni Social Fund. Through its initiatives, IIT Alumni Council works to act as a network and as a bridge between various providers of wisdom, knowledge, information, ideas, expertise, wealth and entrepreneurship to promote technological solutions to social challenges.

With effect from August 15, 2025 – all the mission organisations of the IIT Alumni Council have dropped the tag PanIIT from their names – to enable differentiation between the Council (which is a nation building philanthropic platform, primarily funded by affluent IIT Alumni) and the various alumni associations and PanIIT Alumni India (a society which is primarily engaged in helping the IIT Students and in aggregating funds for the IIT Campuses from various sources).

The IIT Alumni Council is structured as an independent and autonomous movement. It is not controlled by nor does it in any way control any IIT. It is merely a private body, promoted and primarily funded by IIT Alumni to facilitate the development and deployment of appropriate technologies for self-sufficiency in legacy sectors and global leadership in frontier technologies. The primary focus is to accelerate socio economic progress as a population scale by using paradigms from the startup and venture capital sector.

The Council initiatives do not seek or accept any donations from the public. IIT Alumni, Member Corporates, Patron Members, Philanthropist organisations and CSR Donors are welcome to subscribe to units of the Social Fund as per SEBI regulations pertaining to Social Venture Funds under the AIF Regulations. The Social fund in turn acts as a source of patient capital for incubated startups, PPP companies and social ventures addressing challenges in areas such as climate change, human health, developing frontier technologies and preventing rogue technologies.

The C19 Task Force was set up by the Global Board of the IIT Alumni Council in March 2020 to supplement and complement the efforts of the central and state governments in the fight against C19. Its term ended on August 15th, 2020. Initiatives catalysed by the Task Force successfully include the NSCI Dome, Covid Test Bus, MegaLab, Research

Institute and MegaIncubator. Subsequently, the mission organisations of the IIT Alumni Council have been clubbed into six primary areas:

- IIT Alumni Network which manages a global network of philanthropy-inclined alumni and facilitates their participation in areas of their interest and inclination. With over 3000 dollar billionaires, and a target to reach 5000+ dollar billionaires by 2030, this philanthropic body is among the largest and most diversified institutions of its kind in the world.
- IIT Alumni Members Forum which synchronises 100+ advisory platforms managed by Council members with past experience and expertise in the advisory sector. They provide a wide range of services which encompass technology, management, projects, research and documentation. They aspire to develop strong industry, research, government and investor relationships built on trust and expertise.
- IIT Alumni Incubator which helps to set-up and incubate ventures targeting operations in the focus areas of the Council. Backed by a large innovation army comprising of angel investors and venture capitalists – the incubator is uniquely placed to act as the bridge between technology, entrepreneurs, markets and investors.
- IIT Alumni Research Institute which conducts applied research for practical innovation, facilitating the translation of scientific discoveries and inventions into new affordable products and population scale applications that are beneficial to industry, society, and the economy – both for India and the planet. They serve as a vital link between basic research and startups or PPP ventures, acting as a knowledge partner to address societal challenges through strategic partnerships and global alliances.
- IIT Alumni Philanthropic Foundation acts as a launchpad and promoter for mega startups addressing some of the largest challenges faced by India in particular and mankind in general. The Foundation is currently addressing nine areas – sustainable habitats (Ayushca), energy & transportation transition (GO), preventive healthcare and longevity (Kodoy), assistive & cobotic technologies (Autonymi), prevention of rogue technologies (Sitadal), crypto and tokenisation (Batua)), novel materials (Koteleo), biomimicry (Brew) and advanced manufacturing (MI3). Some noteworthy projects in various stages of development include thorium based nuclear reactors, deep sea mining for natural gas, digital rupee and electric UAVs.



Initiation into The Journey – an Introduction

I am a Chemical Engineer by profession. I earned my BTech from IIT Bombay and ScD from MIT, USA. After my stints at Amoco Chemicals in the USA and Gharda Chemicals and Swadeshi Polytex in India, in 1981, I settled in as the Head of R&D at NOCIL (National Organic Chemical Industries Ltd), a company involved with the manufacture of petrochemicals, polymers, and agrochemicals.

My introduction to Ayurveda was rather accidental, that happened in 1983. What began as a casual interest quickly grew into a passionate hobby. I started engaging with experts and immersed myself in reading Ayurveda literature—about its theory, the logic, and the key concepts. At the same time, I also started poring through books written on the properties of natural products and their formulations. To further my understanding, I started to learn more about natural products chemistry, human and plant physiology, and biochemistry.

My exploration of this pool of ancient knowledge became captivating. I started exploring several methods of preparing formulations. This is where I encountered my first, totally unexpected breakthrough. I had made an oil extract of a particular herb. We tested this on ourselves, our family and friends in late 1987. To my utter surprise, I found it was rather very effective, even at a very low dose—1,000 times lower than its conventional dose. This indeed was a disruptive invention. My hobby quickly turned into a (leisure-time) passion. Chapter 1 captures this experience, and the ensuing evolution and a blossoming passion.

In August 1997, I left my job at NOCIL and moved to Pune. I decided to devote myself fully to exploring and extending this process technology platform to all types of natural

products for a wide variety of applications across all Life Science segments. Since 2000, I had been making extracts from several substances and sources. The repertoire of the oil extracts quickly grew within a few years. I had developed an extensive range of oil extracts and their combinations. Simultaneously, I was also working with several volunteers who were using these oils for various ailments.

It was only a natural progression at this juncture, for me to also explore Ayurvedic concepts of *Pathya*, *Dinacharya*, and *Ritucharya* (guidelines for diet and daily/seasonal lifestyle). I sought to relate these ancient ideas to modern science. I developed a set of guidelines on what to eat and what not to eat, accompanied by modern scientific narratives. Soon, I found myself engaging and spending a lot of time with each volunteer, explaining to them in detail how to compile information, how to make simple calculations for the planning of food inputs, how to balance the diet, and so on. I would tell them about what to avoid and why. I found that using many of these common sense, science-backed self-care and daily habits resulted in considerable beneficial results to many of them.

One can invariably find hundreds of books and websites on diet, exercise, and lifestyle. However, in my opinion, some of them present views that are extreme or restrictive and may cause harm if followed over a long time. Most do not seem to present their information in a manner that empowers the reader—enabling them to prepare their own diet, in quantitative detail, and using readily available produce and food ingredients. The overall result finally comes down to one of information overload, which only ends up confusing the reader.

The final impetus came when one of my volunteers called to say that he would really like to see all those ideas I had been talking to him about put down in the form of a simple guide so that anyone can follow it and become empowered to make their own diets. This nudge seemed like the inspiration I needed. Before long, I started writing; I began by jotting down my own ideas of what such a book should contain, which ultimately resulted in my first book, *Diet and Lifestyle for the 21st Century: A Self-Empowerment Guide*, which was published in 2011 by APK Publishers.

I would like to thank Shailesh Niyogi, a volunteer and an active participant in several discussions on this subject of diet and lifestyle. It was Shailesh who nudged me to start writing on this subject. I thank the many volunteers who tested the ideas with sincerity, and my friend Surendra Naik for reviewing each draft and providing practical suggestions to make the book user friendly. My wife Suneeti and sons Ravindra and Devendra offered helpful critique and encouragement throughout. I am also grateful to

Prashant Karhade and his team at APK Publishers for bringing that early guide into print. This book forms the basis of Volume I in this compilation.

Writing this book on Diet and Lifestyle provided the final trigger. I felt that the story of the evolution of the vast pool of structured knowledge of Ayurveda, arising out of curiosity-driven exploration and meticulous documentation, needs to be told. I also felt that my own explorations, attempting to emulate our ancestors, may provide an excellent illustrative example in the modern era to truly bring out the power of this curiosity-driven exploration approach.

I owe my entry into the world of Ayurveda to my friend, Anant Deshpande. He introduced me to *Vaidya* Venimadhavshashtri Joshi. My meeting with Shastriji was the tipping point for me to take up Ayurveda as a hobby. In the decade of the 80s, several *vaidyas* helped me understand Ayurveda and its vocabulary by answering my many questions patiently and clarifying my doubts. Particular mention must be made of the support provided by *Vaidya* Paranjpe's family at Thane and later, by *Vaidya* Ajit Joshi, and *Vaidya* Sarang Phadke in Pune.

I would like to thank Mr Paranjpe of Shubhangi Farm, Panvel for helping me investigate the effects on poultry and Mr Paranjpe at Sangli and Mr Limaye at Pune for carrying out trials. I cannot forget Mr Chimegave, then supervisor at NOCIL who helped me in the initial work on plants. And Dr Laware, Botany Department, Fergusson College, Pune who was an integral part of the sponsored project.

Development of the experience with Super-Extracts was made possible by the cooperation of hundreds of volunteers who tried these Super-Extracts. Without their enthusiastic participation, the results would not have been available, and the book could not have been written with the conviction needed.

As the hobby progressed, I got more and more interested in exploring the world beyond Ayurveda. I decided to explore how to integrate homoeopathy and Super-Extracts. Dr SV Khare, Dr Ravindra Kapadia and Dr Swaminarayan and Dr Gayatri Badwe helped answer my questions on Homoeopathy. Dr Anjali Kulkarni also did some preliminary experiments in plant tissue culture to establish the similarity of metal Super-Extracts with their homeopathic equivalents. I thank them all.

My special thanks are to Dr Subhash Gokhale and Dr Ravindra Kapadia for introducing me to the world of *Sujok* and *Chakra*. Later, I embarked on an integration of Super-Extracts and Homoeopathy with applications at *Chakra* and *Sujok* points. I wish to particularly thank Anant Jog for being the most enthusiastic volunteer and contributing extensively to the development of *chakra* / *sujok* applications.

I felt that in the 21st century, when everyone is talking about 'serendipity and continuous innovations', such a book will be particularly appreciated and may even inspire people to actively search for positive, serendipitous solutions. These exhilarating explorative works were published in 2014–15 as two independent books: *Ayurveda: Concepts and Their Evolution* and *From Herbal Oil Extracts to Affordable Healthcare*—first as e-books in 2014 thanks to my son Devendra Kane, under the Pliny Publishers (USA) imprint; followed by print editions in 2015.

I am grateful to my friends Surendra Naik and Rajan Shah who were my support and provided suggestions and enriched those books with their detailed reviews and comments. I am very appreciative of Dr Hardeekar and Asmita Sathe for the excellent editing and formatting support, and I extend my thanks to Mandar Watwe produced a cover design for the book, *From Herbal Oil Extracts to Affordable Healthcare (2015)*. I remain deeply appreciative of the many readers, volunteers, well-wishers and family whose encouragement helped make those early books possible and carry on with my explorations.

Those earlier works form the base of Volumes II and III of this compendium. Volume II offers a brief story of Ayurveda—its key concepts, how the pool of knowledge may have evolved, how the apparently impossible claims can be explained with the advance of modern knowledge, and so on. Volume III is a 30-year story of the evolution of my own hobby and explorations and how these have evolved and continue to evolve.

My explorations have continued, and now there is a wealth of data on solving a wide variety of health problems across human, veterinary, and crop sciences. Several combination extracts have also been developed to address complex and urgent issues, such as COVID-19 on the one hand and the repair of fractures and cartilage on the other for humans, as well as antiviral, antibacterial, and antifungal solutions for agriculture and horticulture.

The explosion of information is difficult to handle from one centre, and I felt it was necessary to enable multiple centres where such Super-Extracts could be developed to meet local needs. This requires making the details available as 'open source'. This is the purpose of Volumes IV and V. Volume IV describes detailed solutions for ailments across all sectors and provides a recipe book for making individual and combination extracts. Volume V provides detailed information on agricultural applications.

Ayurveda Revisited, a five-volume compendium

My hope is for this book to empower the reader to make their own diet and lifestyle plan, as well as ignite a curious lifelong learning and exploring to their own benefit and the benefit of people around them. It is my sincere hope that this five-volume

compendium will help spread the knowledge on how to make Super-Extracts and how to use them far and wide, providing extremely affordable solutions to society across all healthcare domains.

I would be remiss in my duty if I failed to thank all of the many willing collaborators over these years: Those who inducted me into this hobby—your encouragement and early guidance ignited a journey of curiosity and exploration that has culminated in this work. The *vaidyas*, doctors, and scientists who have willingly and patiently answered my innumerable questions, enriched my understanding and shaped my ideas. Those who helped generate laboratory data, whose technical contributions have been critical in validating and refining these explorations. Friends and their extended networks who volunteered to test the Super-Extracts on themselves, providing invaluable feedback and supporting the pursuit of new solutions.

The insights, innovations and continuing explorations would not have been possible without the cooperation and help of several volunteers—the list is too long to be named.

Last but not the least, a word of sincere appreciation and gratitude is also due to IIT Alumni Council for introducing my work to a broader IIT alumni community; and for their inspiration and motivation to publish all of my life's works as a compendium. I also thank them for facilitating the resources to put all of it together seamlessly—with Wellness Lifestyle LLC as the sponsor and Beeja House as the publisher.

Merging my earlier published books with extensive unpublished data into a single, cohesive five-volume was a complex project. I wish to acknowledge the attention to detail, persistence and thoughtful work done to bring consistency across all five volumes to produce this book.

Before I conclude, I must acknowledge the contribution of the editor – Christina Watson, founding director of Wellness Lifestyle. She has worked tirelessly, meticulously and enthusiastically in editing the book and has brought the book to life. I thank her most sincerely.

Dr Shantaram Kane



Sponsor's Note

We believe that true wellness begins with self-responsibility, flourishes in nurturing environments and extends beyond the individual to the wellbeing of communities and the planet.

Driven by this conviction, we harness our multidisciplinary expertise at the emerging intersection of healthcare, hospitality, and regenerative habitats. We collaborate with visionaries who share *our belief that transformative knowledge is both empowering and essential for meaningful change*. Thus, our commitment is to bring lesser-known but deserving and pathbreaking work to a global audience—work that offers fresh insight and direction.

One such endeavour is *Ayurveda Revisited*, a pioneering five-volume compendium by Dr Shantaram Kane. Published by Beeja House under the Wellness Lifestyle imprint, it features in IITAC's World Wisdome Series of Books, dedicated to advancing India's knowledge paradigms on the global stage.

It is intended for anyone seeking proactive, practical and self-reliant ways to care for their wellbeing. It also serves health practitioners, as well as professionals and organisations in the health-promotion space, including health and wellness retreats.

Dr Kane has a distinguished background in chemical engineering, with degrees from IIT Bombay and MIT. He held senior R&D leadership roles in industry, and also served as researcher, adjunct faculty and Senate member at IIT Bombay. He was honoured with the institute's Distinguished Alumnus Award. The IIT Alumni Council has awarded him the distinction of Distinguished Fellow, and subsequently felicitated him as *Vishwaguru*, its highest honour, in recognition of his pioneering work in affordable, universal healthcare solutions.

This comprehensive book is his medium to open source more than forty years of research and observations. He brings a refreshing new perspective to the time-tested formulations of Ayurveda. He has drawn on modern science, particularly his expertise in nanoscience and process technologies, coupled with an insatiable curiosity, to advance the comprehension and application of Ayurveda – especially its enduring material science and pharmaceutical processes (*dravyaguna vijñāna*) – while continually advocating its principles of *svasthya* (holistic wellbeing).

Dr Kane's Process Technology shows how Ayurvedic formulations can be made more affordable, effective, and easier to produce. For instance, he demonstrates how highly therapeutic traditional formulations made with pure gold, which are normally prohibitively expensive, can be made more accessible, at a fraction of the cost, through the Super-Extract process. Remarkably, the formulations are as simple as preparing a home remedy in the kitchen, using everyday culinary ingredients and basic utensils. The raw materials, however, go beyond common food ingredients, extending to Ayurvedic formulations, traditionally used curative herbs and substances, therapeutics from codified systems such as Sowa Rigpa, Siddha, Unani, TCM and Naturopathy, and indigenous remedies from various continents.

Building on his research at IIT Bombay on nanoparticle behaviour in metal-based homeopathic medicines, Dr Kane developed the concept of Oleo-Homoeopathy—a novel delivery approach that adapts Ayurvedic formulations, herbs and minerals into ultra-low-dose, oil-based Super-Extract forms. He has demonstrated their **therapeutic potency even at microdoses**, thus significantly reducing the amount of raw material required.

Super-Extracts applications are valuable for both personal wellness and healthcare systems, across disciplines and approaches. Its benefits are also demonstrated in plants and animals, as documented by the author and his circle of practitioners and fellow explorers. It has the potential to support proactive and preventive health models, at the community level, even at village or town level, as proposed in the book.

The way forward requires awareness and approaches to proactive and preventive healthcare, placing the agency for our health right back in our hands, where it belongs. Equally important is sustainability. We believe that Dr Kane's simple methods of self-care, health promotion and affordable clinical care—when furthered through research,

made accessible, and supported with necessary awareness and information—offer an option that can impact multitudes beyond the traditionally privileged segment. It's time for a healthcare renaissance.

While there are many valid approaches to care and healing, we believe that any method that is impactful, safe, and sustainable deserves to be explored, supported, and shared. Wellness Lifestyle is proud to support and present this monumental work of Dr Kane, making its perspectives accessible to a wider global audience. The book will be available in hardcover, paperback, premium Library Edition, and e-book formats through Amazon and other channels.

Workshops and Dialogues with Dr Kane

To further engagement with the curiosity-driven ideas presented in the work, and to encourage clinical applications, Wellness Lifestyle will host scheduled and on-request workshops and dialogues with the author.

Courses for Physicians and Nutritionists

To further the clinical and nutritional application of this work and its reach, Wellness Lifestyle, in collaboration with the IIT Alumni Council, will soon be announcing a certificate course for physicians (across disciplines including Ayurveda, Siddha, Sowa Rigpa, TCM, allopathy, homoeopathy, naturopathy and functional medicine) and nutritionists.

Health retreats—Healing for the Healers and The Personal Apothecary

As part of the above initiative, we are introducing two in-person retreats. *Healing for the Healers Retreat* is curated specifically for physicians and allied health practitioners, for their own wellbeing and renewal, an ethos close to our hearts. They also will gain new insights and tools to enhance their healing practice. *The Personal Apothecary Retreat* is a hands-on immersion retreat in learning how to be one's own apothecary. It will be open to health professionals and non-professionals alike. Both retreats are based on Dr Kane's Super-Extract methods and augmented by Wellness Lifestyle's global panel of multidisciplinary experts. The aim is to create a cross-disciplinary exploration and real-world application.

Special edition coffee table book—The Return of the Apothecary

We are also pleased to announce the forthcoming special edition—*The Return of the Apothecary*—a visually guided coffee table book by Dr Shantaram Kane and Christina Watson. It will feature therapeutic uses of the Super-Extracts and their practical applications for proactive care, complemented by visuals from select wellness, integrated and Ayurveda retreats, health centres, and community initiatives. Curated as a valuable resource for wellness centres, retreats, health facilities and wellness seekers worldwide. Stay tuned for its launch!

We express our gratitude to all those who contributed across the *Ayurveda Revisited* production arc. This collective undertaking marks another milestone on our journey.

We thank our collaborators—Anytime Media for the creatives and production, the print studio for the premium edition, and Beeja House for publishing, with special thanks to Geetika Saigal for guiding and overseeing the publishing process. We also thank the IIT Alumni Council for their encouragement and support in the empowered health space, and in particular Satish Mehta for introducing us to Dr Kane, and helping generate wider engagement for his work. Our special thanks to Mrinalini Gupta for advising, mentoring and anchoring the project, and to Christina Watson for leading the editorial process.

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Ravi Sharma | IIT Alumni Council

We witnessed the real power of Dr Kane's work at the peak of the COVID-19 crisis. The IIT Alumni Council (IITAC) had set up a C19 Task Force under the leadership of the Principal Scientific Adviser to the Govt. of India. The IITAC team catalysed the creation and operationalisation of the world's best-performing COVID-19 facility in Mumbai, collating and analysing data from tens of thousands of COVID-19-positive patients. Among the Task Force's objectives was the development of a vaccine or prophylactic, that will prevent the infection.

Dr Kane's nasal and oral drops, made of herbal Super-Extracts, seemed to confer protection against COVID-19. The drops were administered to hundreds of volunteers at less than a rupee each. A few, including my mother, experienced temporary mild side effects like hair fall and loss of appetite. But no one contracted COVID-19! It was way better than any other available vaccines at that time. This first-hand experience with wide-scale application and the evidence of its effectiveness increased our interest in Dr Kane's work.

After nearly five years of trials involving thousands of volunteers, the IIT Alumni Council recognised the transformative impact of Dr Kane's work. On India's Independence Day, 15th August 2024, it proudly conferred upon Dr Kane the prestigious title of *Vishwaguru*. This distinguished title is reserved for Lifetime Achievement Awardees of IITAC, honouring individuals who have made groundbreaking contributions with a lasting global impact. We are delighted to see Dr Kane's lifetime work launched as a comprehensive five-volume compendium, published by Beeja House under the Wellness Lifestyle Publication imprint.

We look forward to the upcoming coffee table book, *The Return of the Apothecary*, by Dr Kane and Christina Watson of Wellness Lifestyle, a wellness evangelist and staunch supporter of Dr Kane's mission. It delves into the therapeutic uses of Super-Extracts, with visuals from acclaimed wellness and health retreats and select community health initiatives, and will highlight the Super-Extracts' applications in the fast-growing wellness sector, estimated at US\$ 5.6 trillion and projected to reach 8.5 trillion by 2027.

Early adoption is expected among wellness retreats, not-for-profit health initiatives, and Ayurveda centres, offering significant opportunities for impact.

On behalf of the Council, I extend my heartfelt congratulations to Dr Kane, and I trust readers will find his remarkable journey not only interesting but truly inspiring.

Ayurveda Revisited. Launched by the IIT Alumni Council on 15th August 2025.

Satish Mehta | IIT Alumni Social Fund

My first encounter with Dr Shantaram Kane was during my placement interviews in 1987, just before I graduated in Chemical Engineering from IIT Bombay. Dr Kane, a silver medallist from the early batches of IIT Bombay, was a much-feared interviewer and an engineer of excellent personal standing.

In 2001, Dr Kane joined IIT Bombay as an Adjunct Faculty. Along with my college senior, Dr Jayesh Bellare, recipient of the AYUSH Lifetime Achievement Award, and Prof Suresh, Dr Kane began researching the constitution of *bhasma* (ash). This research later extended to homeopathic medicines derived from metals and inorganics. Using a high-resolution transmission electron microscope, the group established the presence of nanoparticles of the starting materials in these high-potency medicines.

Dr Kane's independent research had started way back in 1984. He developed a simple process to create Super-Extracts from almost any raw materials, such as herbs, metals, minerals, and bio-substances, which could be administered at a fraction of the cost of traditional Ayurvedic medicines. His work demonstrates how simplified methods of preparation can deliver potent therapeutic results at minimal doses—innovation in its purest sense.

His pioneering efforts in the development of herbal Super-Extracts that demonstrated immunity against COVID-19, have exemplified the power of integrating ancient wisdom with modern science. These Super-Extracts have provided relief for a wide range of health conditions. Notably, Dr Kane's oral-nasal Super-Extract drops derived from plant sources protected hundreds of volunteers during the pandemic.

These Super-Extracts and their processing laid the foundation of the IIT Alumni Council's Ayurveda Prophylactic Vaccine initiative. With Dr Kane's guidance and other open-source technologies, startups like Shambhala, Wellness Lifestyle, Kodoy, Brew Factory, Platinae Anchorage and Kyrogene are poised to make disruptive

breakthroughs in preventive health and health span enhancement and active/productive longevity.

This compendium features under IITAC's World Wisdom Book Series, dedicated to advancing India's knowledge paradigms on the global stage. It adds to India's scientific heritage and opens pathways for deeper research.