



I, Laxmi Narasimhan aged 38 years am a Head of the team in a Reputed Software Company in Singapore. I have been suffering with **PSORIASIS** for the past 2 plus years and like most people that are cursed with this condition, have spent a rather large amount of money and countless hours in Doctor appointments and home research trying to get some relief from this curse. The areas that were affected on me were the Buttocks, Feet, Knees, Waist / Hips, Fingernails, Elbows, Ears and Scalp. All were extreme after treating me for two years. The lesions were so severe that the blood and sometimes pus oozed out of the lesions. Even a little air from the fan caused me severe burning sensation on my skin.

Why am I taking the time to share this with you because I know first hand the desperate mind of a Psoriasis sufferer and the debilitating affect it has on the mind, not to mention the Physical distress. And like most long term sufferers have become somewhat skeptical of the many testimonials written for so called wonder cures. I want everyone to know my situation and I feel compelled to share this with you, it works! By God it works! It may take awhile but if you follow the instructions given specifically to each and every person by Dr Kranthi Vardhan then you will be glad that u will get cured.

My uncle in India got to know about Dr Kranthi Vardhan and his The Kerala Ayurvedic Care, Speciality Panchakarma Centre from a friend who was cured of Psoriasis. I immediately came down to India and consulted him. The approach of Dr Kranthi is unique & highly practical. He evaluated my case and prescribed some internal medicines and a ghee preparation to be applied externally on my body for the next 15 days. He cautioned me about stress and the havoc it causes. The Diet correction and Lifestyle Management was also taught to me.

From the 3/4th day I started to feel better, the blood oozing was arrested and was feeling quiet comfortable. In the next 2 weeks I was active and then I started to believe that I would get rid of my problem only here with this doctor. In his next consultation he explained about the Detoxification or the Cleansing Program called the Panchakarma Procedure. The healing was very fast after Vamana karma (Induced Vomiting), this was a special procedure done and practiced by only a few

in India, I could say Dr Kranthi blended this therapy well and is the best among the best.

I can say that I have improved around 99.9% after the Panchakarma Chikitsa. Doctor specified the do's and don't's and he made me learn Pranayama- the breathing exercises, which I have to practice ever after in order to stay healthy.

Thank you Dr Kranthi Vardhan and thank you for the lovely gift of healthy life you presented me, I am indebted to you sir...

**Laxmi Narasimhan, Team Head,  
Singapore.  
08-04-2006.**