

DOCTOR SHANTI SWAROOP RASTOGI
(1938-2014)

A Memoir

Dr. Shanti Swaroop Rastogi, President of Professor Yellapragada SubbaRow Memorial Symposium, passed away in New Delhi on 11 June 2014.

As its Organising Chairman, Dr Rastogi led the Symposium team in holding a full day conference on Nutrition, Biotechnology, Health & Disease at Delhi on 16th March, 1994. The symposium inspired the centenary celebrations in 1995 of Yellapragada SubbaRow whose gifts to humanity include the vitamin folic acid, tetracycline antibiotics, methotrexate which has been used to treat some forms of cancer and di-ethyl carbamazepine (DEC) which is helping eradicate elephantiasis from the face of earth.



The centenary celebrations were taken over by a prestigious National Committee but Dr Rastogi husbanded for two decades the funds generated for the Symposium to promote a number of activities to perpetuate the memory of SubbaRow's manifold contributions to human weal. These included funding for the publication of the Hindi translation of SubbaRow's biography, for a photo exhibition on the life and work of SubbaRow that has made a tour of the metropolises and major cities of the country and for the website www.ysubbarow.info which archives SubbaRow's personal papers, scientific works and other memorabilia.

Dr Rastogi MD (Luck) MRCP (UK) FRCP (London) FICN FIAMS was a distinguished Endocrinologist and Thyroidist and was Consultant Physicians at many diabetes clinics in Delhi, notably of the Shanti Mukund Hospital. As President of the Delhi branch of the Diabetic Association of India, he spread public awareness of the lifestyle disease and its diagnosis and treatment by conducting the observation of the World Diabetes Day on 11 November for the last several years.,.

Dr Rastogi was born on 22 March 1938 at Sirasa in UP's Moradabad district to Shiv Charan Das Rastogi and Ram Dulari. He was in the first batch at the Kanpur Medical College and earned his MBBS degree in 1960. He went on to specialize in Clinical Endocrinology and Clinical Nutrition securing MD from Lucknow Medical College in 1965 and became an MRCP in 1976 and FRCP in 1991 in this field of his interest.

As Colombo Plan fellow in Endocrinology with special reference to modern diagnostic techniques, he was attached to major teaching hospitals in London and Edinburgh in 1972.

Among the positions he held in his lifetime were Vice President, International College of Nutrition, Executive Director, International College of Nutrition, Honorary Professor of Clinical Nutrition, Honorary Secretary, Northern India Chapter of Endocrinology, Vice President, Indian Society of Hypertension, President of the Delhi Branch of the Diabetic Association of India, Visiting Honorary Consultant Endocrinologist at Batra Hospital and other Hospitals in New Delhi.

He was life member of Diabetic Association of India, Research Society for Study of Diabetes in India, Endocrine Society of India, Thyroid Association of India, Society of Nuclear Medicine of India, Association of Physicians of India, Indian Medical Association, Nepal Medical Association and Indian Society of Adolescent Endocrinology.

He held Annual membership of British Diabetic Association, American Diabetic Association, and The Asian Pacific Society of Atherosclerosis and Vascular Diseases, Hong Kong.

Dr Rastogi was elected member of the scientific section of the Diabetic Association of India, Bombay, Member Research advisory council of Little Flower Medical Research Centre, Angamaly, Kerala, Advisor Medical Research & Heart Laboratory, Moradabad (U.P), Director, Endocrine Point & Centre for Diabetes & Clinical Nutrition, Delhi, Expert in Endocrinology Selection Committee, Union Public Service Commission, Member, expert committee for National Diabetes Programme, DGHS, Union Ministry of Health & Family Welfare and Editor in chief, DIABETES TODAY, the quarterly bulletin of Diabetic Association of India, Delhi branch.

Besides playing an important role in the Prof Y SubbaRow Memorial Symposium in 1994, Dr Rastogi was Secretary General, First World Congress on Clinical Nutrition held in Delhi 1988 and edited the conference proceedings brought out as *Essential Hypertension - Role Of Nutrition*, Chief Co-coordinator and Honorary Treasurer, Second World Congress on Clinical Nutrition & IHD in Delhi, 1990, chaired Zunkle Memorial Oration during International Clinical Nutrition Conference at Aomori, Japan, 1992, delivered Presidential address at the Fourth International Congress on Clinical Nutrition held in Cochin & guest lecture on diet in cardio-vascular diseases and diabetes 1993.

He chaired the Presidential lecture at the annual meeting of Research Society for study of diabetes in Bombay (India) in 1993. He was an Invited Speaker at the XI Asia Pacific Cardiology Conference Bali, (Indonesia), September 1995, Invited Key-note Speaker in Fifth International Congress on Clinical Nutrition at Hangzhou, South China in October 1995, Chairman, Fourth Annual Conference of the Indian Society of Hypertension held at Lady Harding Medical College, New Delhi in December, 1995, Panellist, Indian Consensus on Prevention of CAD during ISH Conference at Delhi in 1995.

Dr Rastogi chaired the Scientific Session in Novonordisk Diabetes Update held at Aurangabad in 1995.

He was Invited Guest Speaker at the International Conference on Nutrition & Cardiology, Esphan, Iran in May, 1997, at the International Conference on Preventive Cardiology, Montreal, Canada on June 30, 1997, at the Sixth World Congress on Clinical Nutrition (Anti-Oxidants and Disease) at Banff, Alberta, Canada in July 23 to 26, 1997, at the Asia Pacific Conference of Atherosclerosis & Vascular Disease in March 1998 at Taipei (Taiwan) (Vascular Disease in Diabetes & Special Reference to Antioxidants) and at the first world conference on Q Enzyme 10 at Boston, USA in May 1998 (Q Enzyme 10 & Hyper Insulinism)

Dr Rastogi was Chairman, Scientific Committee, Seventeenth Annual Conference of Diabetic Association of India, Delhi Branch, co-sponsored by Department of Medicine UCMS & GTB Hospital & IMA East Delhi Branch at Delhi in March 1996.

Dr Rastogi married Vimlaji whose health was a major concern during the last few years but he predeceased her after a bathroom accident and surgery for brain haemorrhage at Max Pitampura.

The Rastogis have a son Sharad who is a medical doctor practicing in Detroit, Michigan, USA and a married daughter Nupur Agarwal. Sharad is married to Ruchi Singhal.

– S. P. K. Gupta 31 August 2014

(Acknowledgements to Dr K C Gupta and Dr S C Mittal)

