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Cleft Lip and Palate

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A DEDICATION BY THE FAMILY AND STAFF OF ALL INSTITUTIONS OF DR D K AUDIKESAVULU GROUP

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During August, Arogya Nandana Health Education programme flourished in the form of a programme, awareness towards and prevention of Dengue fever, and distribution of homeopathy medicine to children and women, to avoid dengue. This programme was held in the government primary school Ramachandrapura, Vidyaranya pura post Bangalore. A newsletter on Dengue was released on this occasion. Dr Tejaswi K.P, Associate Professor, Bhagvan Buddha Homeopathy medical college and consultant at Surabhi Homeo Clinic participated and replied to questions by students, teachers and parents on dengue and chikungunya. Sri N.V Ramesh, programme coordinator of Arogya Nandana, elucidated the concept of arogya nandana health education programme, by highlighting role of an individual, family, society and nation, in protection of our health. We have to struggle hard, like doing a penance, to get embodiment of 6 letter word Arogya. If we are ill, we have to take appointment of doctors, pay consolation fees, and wait to get tablets and injections. To avoid this we have to take preventive steps, through health education and free hints from experts in Arogya nandana live programme. Smt Jayalkshmi pillappa, member B.B.M.P (Dodda Bommasandra), inaugurated this programme, by lighting lamp and called for mother’s interest in health education, to protect their children. She advised students to keep clean, by taking bath everyday and to wash hands before eating. According to Sri Pillappa, formerly member of BBMP and social worker, every one must keep their house, their environment very clean; There should not be water stoppage and stinking, to breed mosquitoes, and through good health only, children study well.

Social worker Sri K. Prakash stressed upon, the role of cleanliness and health, in every one’s life.

Abridged version of samvaada (questions and answers) To the several questions asked by several students and teachers on dengue, Dr. Tejaswi replied.

Aishwarya of 7th Std.: How Dengue fever attacks?

Dr. Tejaswi: All fevers are not dengue. When *Idis Egypti* mosquito bites, we get dengue, if we are not stubborn by health. When this mosquito bites us, it transfers the already infected blood, in its body, through virus to our body.

Anusha of 5th Std.: which are the symptoms of dengue?

Dr. Tejaswi: sudden very high fever, very high bodyache, vomiting sensation in a few, intolerable headache above and backside of eyes, red rashes and itching in someone are the symptoms. Temperature will be as high as 101 to 105 degree Fahrenheit.

Vanashree of 7th Std. and V.K Satya of 6th Std.: which are the reasons for and symptoms of chikungunya.

Doctor: This same mosquito spreads both dengue and chikungunya. But in chikungunya, we observe terrific bodyache, pain in joints, bending hands and legs with pain, very difficult to move, sit, stand and sleep. Dengue can get death but not chikungunya.
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Doctors, Hospitals can send their articles and Programs details with photographs to
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Divya of 5th std: whether mosquito bites in the morning or in evening?

Doctor: when there is mosquito and suitable environment for it to breed and grow, it will bite anytime.

Nandini from 6th std: What precaution we should take, when dengue or chikungunya comes?

Jagannath of 6th std: Is it epidemic?

Doctor: Whenever sudden high fever attacks, one has to rush to the qualified doctor. Never postpone for one or two days, otherwise death may be the result. When one gets this if it should not spread to others, please stay in your home and take full rest. When mosquito bites dengu infected patient, takes the infection in its blood and when it bites, the healthy person it transfers this infection.

Ramesh: Doctor, when people get dengue and chikungunya, you give treatment. But can we not prevent and avoid this, by stopping growth of mosquitoes?

Doctor: We have to keep both inside and outside of our home, our school and our environment very clean. Dengue mosquitoes live and breed in, sewage gutters which will give stinking dirty smell. We should never stock empty coconut shells, old waste tyres, where water can stock. we should not throw garbage and destroy wastage. wear full shirt, use mosquito coil, use mosquito net. Recently immunity is weak, in many of our bodies. If we are healthy and strong, no one can attack us.

Ramesh: Is there any preventive medicine for dengue?

Doctor: There is - in our Homeopathy system. We have got dosage of 3 very small sized and sugar quoted tablets, to children and 4 for adults, for 3 consequent days and continuously for 3 months. Eat good healthy home food and build up immunity.

Teacher Nagaraj: Tell something about skin disease and allergy.

Doctor: Nowadays allergy is common. Due to skin and respiratory allergy, rashes on skin and jumping cold appear. Chappal, cloth, rubber, plastic, flowers, all can bring different types of allergy, to different individuals.

Ramesh: For some even food brings allergy.

In samvada N.V Ramesh and Dr. Tejaswini had a detailed dialogue, with students and parents about reading, memory, concentration and food. 

◆ summary of that samvada

Doctor: Read with interest, hard work and repeat the same.
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**IMPORTANCE OF** Oncology has become an important topic for review because according to World Cancer Report (2004) cancer rates are expected to rise by 50% leading to 50 million new cancer cases by 2020. Similar to the developed countries, cancer has emerged as a major public health problem in developing countries and it is estimated that nearly 75% of all deaths will be in the developing countries after 20 years. In the background of the low socioeconomic status and low awareness level, most patients are diagnosed at an developed countries. The most significant thing is WHO has specified that healthy lifestyles and suitable public health action plans can control one – third cancers.

In recent years we have advances in the diagnosis and treatment of carcinomas. It is resulted into a disease – free, long term survivors and also prolonged survival for those developing metastatic diseases.

Hence, today along with new discoveries in diagnosis and treatment of cancer, quality of life in survivors living today who were diagnosed 10-20 years ago, is also important.

For patients, it is living beyond carcinoma and balancing the life which is a two sided affair with doctor involving patients’ active participation in form of making active choices in their treatment.

Early diagnosis of cancer causes fear and anxiety in the patient. This has opened a new field of psycho oncology, as nearly 20-30% of new patients develop the stress. To improve the quality of life, patients explore alternative therapies like yoga, music, meditation, relaxation techniques etc. In addition to the mainstream cancer care.

The concept of cure is shifted from improvement in the years of survival to improvement in the quality of survivors.

**EPIDEMIOLOGY OF CANCER:** Incidence of cancer varies between geographic regions. There is substantial global variability in cancer incidence occurring in people living in developing countries than in developed countries.

Cancer rates in India is rising due to increase in life expectancy, changes in life-styles and increased migration from rural areas to cities. India is a vast country with diverse lifestyle and therefore varying cancer patterns and incidence rates.

In India, the oral and oesophageal cancers are among the highest in the world, and one of the lowest for certain cancers eg. Colorectal, prostate and lung.

Some of the districts in the country have recorded the highest incidences in the world of certain cancer sites associated with the use of tobacco. These include cancers of the mouth in Wardha district of Maharashtra, Kanyakumari district of Tamilnadu, Kollam and Thiruvananthpuram districts of Kerala and Pondicherry. In Mizoram state, Aizwal district has shown highest incidence rate of tongue, hypopharyngeal and oesophageal cancers in males. The incidence of cervical cancer in also high in India. Very high incidence of penile cancer has been reported from Pondicherry and north – east Tamilnadu. These differences highlight the role that environmental and lifestyle factors (such as diet) have in cancer development.

In India, among males, cancer of stomach continues to be the leading site of cancer in both Bangalore and Chennai.

**THE FUTURE**

Since we are able to control the communicable diseases, non-communicable disease like cancer becomes a major public health issue.

We have major obstacle in the implementation of the programme like limited recourses social stigma, lack of political motivation etc.

By making and ambitious action plan and implementing it with the help of the maximum use of available resources in the health care system, we can effectively control the cancer.
Cleft Lip and Palate
Myths, Facts and Management

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The word “cleft” means a split or a fissure. Cleft lip and cleft palate are gaps on the upper lip or on the roof of the mouth. The clefts develop when areas of the face don’t join together as they should fuse normally in the early stages of fetal life. Cleft lip and cleft palate are relatively common, affecting around 1 in every 700 babies. These birth defects are commonly called “orofacial clefts”. Clefts can cause problems with feeding, speech, hearing, repeated ear infections, tooth decay, jaw problems and emotional issues. The earliest documented history of cleft lip is based on a combination of
- religion,
- superstition,
- Invention and
- Charlatanism.

The Greeks ignored the existence of these defects. Spartans and Romans would kill these children born with these clefts, as they were considered to harbor evil spirits. Fabricius ab Aquapendente (1537–1619) was the first to suggest the embryological basis of these clefts. The protruding premaxilla of a bilateral cleft lip was discarded totally in the early days but later on “push-back” techniques were developed by wedge resection of vomer bone and finally left to the orthodontists for correction. In India, the patients often report late for their primary visit.

The rural, illiterate people harbor various myths and beliefs about the defect as monster, devil, a curse of god, pertaining to the cleft children. The child or sometimes even the family has been shown to be ostracized from the civil society and forced to live an isolated, unsocial life of shame and guilt for no wrong of theirs. In rural Indian studies regarding causation of the clefts, 84% ascribed the cleft to “God’s will” and 10% to sins committed in past lives and only 2% parents acknowledged the influence of genetics, hereditary factors or problems due to pregnancy. This clearly shows the low level of knowledge regarding clefts and their causes.

Incidence and the problem:

Cleft lip and/or palate (CL/P) disproportionately affect newborns in low- and middle-income countries because of substandard nutrition and a lack of prenatal care. An estimated more than 72,000 cases of unrepaired cleft lip and/or palate exist in 28 of India’s 29 states and the states with less health infrastructure had higher rates, according to an article published online by JAMA Facial Plastic Surgery.

- The most common forms of (Cleft lip and cleft palate) CLP involve disruption of the tissue planes above the lip extending to nostrils and to the palate (hard and soft palate may be involved). They may involve only the upper lip and/or palate. Rarely clefts of other parts of the face may be involved.
- Cleft lip and palate is one of the most common craniofacial anomalies with an incidence rate of 1:700 life births in India.
- 70% of the clefts occur in isolation, without associated anomaly or syndrome.
- CLP is more common in Asian populations and in Native Americans (incidence of 3.6/1,000 births).
- CLP is less common in African Americans.
- Cleft lip (with or without cleft palate) is more frequent in males.
- Cleft palate alone is more common in females and accounts for around a third of cases.
- Cleft lip alone may have stronger genetic associations than cleft palate (with or without cleft lip).

Genetic factors
- If both parents are unaffected, but have one child with a cleft, the chance of the second child being similarly affected is 2-8%.
- If one or other parent has a cleft, the risk of a cleft in a child is 4-6% with each pregnancy.
- If the cleft is not associated with a syndrome, there is an associated gene (interferon regulatory factor 6 gene variants) that can increase the risk for isolated CLP in 15% of patients.

Risk Factors
- The causes of orofacial clefts among most infants are unknown. Some children have a cleft lip or cleft palate because of changes in their genes. Cleft lip and cleft palate are thought to be caused by a combination of genes and other factors, such as things the mother comes in contact with in her environment during early pregnancy, smoking and use of alcohol during pregnancy, obesity, not having enough folic acid, and
taking some medications.

- **Smoking** - Women who smoke during pregnancy are more likely to have a baby with an orofacial cleft than women who do not smoke.

- **Diabetes** - Women with diabetes diagnosed before pregnancy have an increased risk of having a child with a cleft lip with or without cleft palate, compared to women who did not have diabetes.

- **Use of certain medicines** - Women who used certain medicines to treat epilepsy, such as topiramate or valproic acid, during the first trimester (the first 3 months) of pregnancy have an increased risk of having a baby with cleft lip with or without cleft palate, compared to women who didn’t take these medicines.

◆ **Diagnosis**

A cleft lip or cleft palate is diagnosed from its physical appearance as soon as the child is born. This may be diagnosed during an antenatal ultrasound after week 20 of pregnancy.

◆ **Before the surgical Procedure**

Consultation with a pediatrician and a feeding therapist is done soon after a child with cleft is born. The therapist will help with the best way to feed the child and must gain weight and be healthy before the surgery.
- Test the child’s blood for complete blood count and blood group.
- A complete medical history of your child and complete physical examination of your child will be done.

◆ **Left untreated cleft lip and palate can cause:**

Problems related to eating and drinking. Food and liquids can pass from the mouth back through the nose. Special baby bottles and teats are available to help direct fluid downwards to the stomach. An artificial palate may help until the problems can be corrected with an operation.

Repeated ear infections: Fluid is more likely to build up in the middle ear of children with a cleft palate and may lead to repeated ear infections and hearing loss.

- **Speech problems:** A cleft lip or cleft palate can affect a child’s speech. Speech and language therapy may be recommended.
- **Dental problems:** Problems with cavities and having teeth missing, extra teeth, malformed or displaced teeth are more common.
- **Treatment of cleft lip or palate children**

Children born with a cleft must be referred to a specialist cleft clinic. A multidisciplinary approach is required for care of children born with clefts. Members of a cleft lip and palate team typically include:
- **A surgeon** to evaluate and perform necessary surgical procedures on the lip and/or palate.
- **An audiologist** to assess and treat hearing conditions.
- **An orthodontist** - to make prosthetic appliances if required.
- **A pediatric Dentist** who will be able to reconstruct teeth.

◆ **Ear, Nose and Throat specialist** for treatment of recurrent ear infections

◆ **A speech and language therapist** to assess speech and feeding problems

◆ **A specialist cleft nurse,** who will be the main point of contact between the patient family and the rest of the cleft team.

◆ **A psychologist** will support the family and assess any adjustment problems.

◆ **A pediatrician** - specialized in treating children born with clefts.

Other members of the team include from anesthesiology, genetic counseling, genetics/dysmorphology, ophthalmology, and oral and maxillofacial surgery departments. The health care team works together to develop a plan of care to meet the individual needs of each patient. Treatment usually begins in infancy and often continues through early adulthood.

**Fundamental principles regarding the optimal care of patients with craniofacial anomalies**

- Management is best provided by an interdisciplinary team of specialists with sufficient clinical expertise in diagnosis and treatment and will provide support and treatment until growth is complete at around the age of 18 years.
- First evaluation is within the first few weeks of life or within the first few days of the birth of a child with a cleft. Referral for team evaluation and management must be made at appropriate time.
- At first contact with the child and family, every effort is made to assist the family in adjusting to the birth of a child with a craniofacial anomaly and to the consequent demands and stress placed upon the family.
- Family participation and collaboration in treatment planning is important. Parents/caregivers must be given information about recommended treatment procedures, options, risk factors, benefits, and costs involved.
- Treatment plans should be developed and implemented on the basis of team recommendations.
- Complex diagnostic and surgical procedures should be dealt with in major centers with the appropriate facilities with experienced care providers.
- Treating team must be sensitive to linguistic, cultural, ethnic, psychosocial, economic, and physical factors that affect the dynamic relationship between the team and the patient and family.
- Longitudinal follow-up of patients, including appropriate documentation and record-keeping, is essential.
- Evaluation of treatment outcomes must take into account the satisfaction and psychosocial well-being of the patient as well as effects on growth, function, and appearance.

**General measures:** Cleft lip and/or palate (CLP) is a relatively common, non-life-threatening abnormality which can have significant effect on maternal bonding. Cleft may cause problems with feeding, ear disease,
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speech and socialization.

- **Complications associated with cleft lip and palate**
  - Chronic glue ear.
  - Hearing loss due to repeated ear infections.
  - Dental cavities.
  - Displaced teeth.
  - Poor speech; the degree of problem is not related to the size of the defect. Speech is normally fine after repair, but may sound nasal.
  - Lip deformity.
  - Nasal deformity.

- **If untreated cleft lip and palate leads to**
  - Poor feeding, failure to thrive.
  - Social exclusion.
  - Psychological distress.

- **Pre-surgical devices**
  In some cases of a severe bi-lateral complete cleft, the premaxillary segment will be protruded far outside the mouth. Nasoalveolar molding prior to surgery can improve long-term nasal symmetry among patients with complete unilateral cleft lip-cleft palate patients. An artificial palate may be used until the surgical treatment for improving the feeding of the child.

- **Surgical treatment**
  Surgery is the mainstay of the treatment of children with clefts. A number of operations will be required as the child grows. Treatment will usually start while the child is an infant and may continue until they are young adults.

- **Lip Surgery:**
  - Primary lip closure is performed at three months after birth, as long as weight and hemoglobin levels are adequate. This leaves a small scar, but the surgeon will try to make it less noticeable.
  - Further operations may be required to improve appearance.

- **Palate Surgery:** Palate closure is performed at 6-12 months. Repair of a cleft palate often requires multiple operations over the course of 18 years.
  - The first operation to repair the palate usually occurs when the baby is about six months old.
  - If there is a gap in the gums, a bone graft may be required.
  - The initial palate surgery creates
    - a functional palate,
    - reduces the chances that fluid will collect in the middle ears, and
    - Aids in the proper development of the teeth and facial bones.
  - At around eight years old, a child with a cleft palate may also need a bone graft to fill in the upper gum line to support permanent teeth and stabilize the upper jaw. About 20% of children with a cleft palate require further surgery to help improve their speech. Once the permanent teeth have grown, braces are often needed to straighten them. Further operations may be performed to improve the appearance of the lip and nose, close openings between the mouth and nose, help breathing, and stabilize and realign the jaw. Scars caused by earlier operations may be treated once the structure of the face is more fully developed during adolescence. Most children with cleft lip or cleft palate can develop a normal appearance, speech and eating abilities as they grow.

- **Complications**
  Risks from anesthesia and surgery include: Breathing problems, Reactions to the medicines, Bleeding, Infection, and need for revision surgery. The bones in the middle of the face may not grow correctly. The connection between the mouth and nose may not be normal.

- **During the days before the surgery:**
  - About 10 days before the surgery, you will be asked to stop giving your child aspirin, ibuprofen (Advil, Motrin), warfarin (Coumadin), and any other drugs that make it hard for your child’s blood to clot.
  - Ask your surgeon which drugs the child should continue to take on the day of the surgery.
  - You will be told when to arrive for the surgery. Make sure your child is healthy before the surgery. If your child is ill, surgery may be delayed.

- **On the day of the surgery:** The child will not be allowed to drink or eat anything for several hours before the surgery.

- **Care after the Procedure:**
  - After the surgery small sip of water may be allowed as advised by the operating surgeon.
  - Your child will probably be in the hospital for 5 to 7 days right after surgery. Complete recovery can take up to 4 weeks.
  - The surgery wound must be kept very clean as it heals. It must not be stretched or have any pressure put on it for 3 to 4 weeks. Your child’s nurse will show you how to take care of the wound. You will need to clean it with soap and water or a special cleaning liquid, and keep it moist with ointment.
  - Until the wound heals, the child will be on a liquid diet. The child will probably have to wear arm cuffs or splints to prevent picking at the wound. It is important for your child not to put hands or toys in the mouth.

- **Dental care**
  - Specific problems related to teeth that are missing, malformed, or out of position need treatment.
  - Oral hygiene with good brushing techniques is important from an early age.
  - Once permanent teeth are all through, an orthodontist will assess the teeth alignments.
  - If there are gaps in the teeth, bridges or other approaches may be needed.

Recent advances in fetal (intrauterine) surgery using a fetal endoscopic technique, offer the prospect of scar less wound healing, and bone healing without callus formation. This allows for better or even normal
Oh my skin, you are great, I salute you. I try to understand you bit by bit; I used simple magnifying lens, microscope and electron microscope. Every time I try to understand you, you reveal more and more about you to me and remind me that I know you little. What little I know about you, I will share with all my friends.

Skin is a dynamic organ. Knowledge of its structure, physiology, chemistry and function is essential to understand the pathology of skin disorders and an essential prerequisite to understand the nature of the disease and to plan proper treatment.

Skin is the largest organ in the body. It covers entire body; it is continuous with conjunctiva of the eyes, tympanic membrane of the ears, and mucous membrane of all orifices like nose, mouth, genitalia and anus. It has surface area of 2 square meters and constitutes 16-20% of body weight. It forms an impermeable barrier against the external environment. We take bath with 10-15 liters of water and apply soap, not a drop of water or soap particle enters our body. Skin regulates body temperature through sweating, absorbs UV radiation of Sun rays and synthesizes vitamin D. Skin serves as an excretory organ and is important in defense against invasion of disease producing bacteria, fungi and viruses. Skin is a storehouse for fat; it is also a reservoir for blood which is shunted internally in times of need.

**The development of skin –**

All constituents of the skin are derived from either ectoderm or mesoderm. The epidermis, hairs, sebaceous glands, apocrine glands, eccrine sweat glands and nails develop from ectoderm. Nerves and melanocytes develop from neuroectoderm and neural crest. The constituents of dermis like collagen fibers, elastic fibers, blood vessels, muscles and fat develop from mesoderm.

The epidermis, which develops from the surface ectoderm, will be seen in 2 week old embryo as one layer. By 4 weeks it acquires an inner germinative layer and by 8 weeks, a third intermediate layer develops. At about 12 weeks, melanocytes derived from neural crest enter basal cell layer. By 16 weeks multilayered epithelium is formed.

The embryonic dermis develops in 2 week embryo; it consists of star shaped mesenchymal cells suspended in acid mucopolysaccharides matrix. By 12 weeks collagen fibers and by 24 weeks elastic fibers develop. Blood vessels begin to organize at about 12 weeks and cutaneous nerves originate from neural crest. Hairs, nails, sweat glands and all other constituents develop around 12 weeks.

Regional modifications of the skin –

Regional differences in skin structure represent adaptations to particular functions. The skin of infants is traversed by a faint complicated network of ridges and furrows, which develops during the third and fourth months of fetal life and which becomes prominent during childhood. The designs remain unchanged throughout life and are nearly indestructible. Swirled patterns are typical of palms and soles. These swirled
Patterns are the basis of fingerprint recognition in police and legal departments. In the palms, deeper lines appear which are the basis of palmistry.

Hairs are present all over the body. Carefully inspecting the hairs, we observe that the quality of hairs is different in different parts of the body. The scalp, eyebrows, and eyelashes, beard, axillae, and pubic regions have dark, thick, long hairs called Terminal hairs. Rest of the body is covered with light, colored, short hairs called Vellus hairs. Hairy regions of the body are called hirsute skin. Palms and soles are devoid of hairs and this region is called glabrous skin.

The skin of the palm and sole is thick, devoid of hair and full of sweat glands. Plantar skin is specialized for weight bearing, while standing and walking. Plantar skin contains specialized fibrofatty tissue which gives strength and flexibility to plantar skin; hence it sustains weight and shear pressure. Palmar skin is specially adapted to grip the articles and perform fine jobs, like threading needles, typing, writing, and counting money.

The central third of the face contains more oil secreting glands and small Lanugo hairs, which keep the face oily especially during adolescence. At the body openings, skin is continuous with mucous membrane. Mucocutaneous junctions occur at the eyelids, nostrils, mouth, genitalia, and anus.

Structure of the skin –

The skin is composed of various tissue compartments that interconnect anatomically and interact functionally. Broadly, skin is divided into superficial and visible epidermis and deeper covered structures called dermis and subcutaneous tissue. It is difficult to imagine epidermal function without signals from the dermis. The epidermis is having five layers and dermis is having two layers. All these layers function like a single functional unit.

Epidermis –

The epidermis is derived from the ectoderm. The epidermis contains keratinocytes predominantly, the Merkel cells, the Langerhans cells, and melanocytes are also found. The epidermis is a stratified squamous epithelial sheet covering the total external surface of the body. It is most cellular and most dynamic layer of the skin. It continuously sheds and thereby cleanses and regenerates itself. Epidermal keratinocytes are transformed from undifferentiated basal cells to fully differentiated, fully keratinized cells. The dividing basal cells migrate upwards changing themselves into stratum spinosum, stratum granulosum, and finally stratum corneum. This epidermal renewal time is 60 to 75 days.

Still more fascinating facts about skin, we will understand in part II...

Maxillary growth. As the surgical techniques improve, the outcome for mother and fetus is improving.

Prognosis:

Treatment of cleft lip and palate takes place over several years as the child grows. It is possible to achieve a normal appearance, and normal speech and eating habits.

Prevention

Identification of modifiable risk factors is the first step towards primary prevention.

- Pre-pregnancy planning seems to reduce risk.
- Preventative efforts might involve manipulation of maternal lifestyle, improved diet, and use of multivitamin and mineral supplements, avoidance of certain drugs and medicines, and general awareness of social, occupational, and residential risk factors.
- Genetic counseling can identify high-risk families. Research continues into likely environmental triggers including influenza, high gravidity, varicella infection, drugs, and diet.

Conclusion

The following organizations provide educational information for parents, families, and professionals, and referral criteria to cleft/craniofacial treatment teams. They provide support for individuals and families with cleft lip and/or palate.

- American Cleft Palate-Craniofacial Association (ACPA)
- Cleft Palate Foundation (CPF)
- Cleft Lip & Palate Foundation of Smiles
- Temporomandibular disorders
- Children's dental care
- Dry mouth
- False teeth
- Teething
- Oral health reference
- Quizzes
- Slideshows

Table: Treatment schedule of patients with cleft lip and palate.

<table>
<thead>
<tr>
<th>Age</th>
<th>0m</th>
<th>3m</th>
<th>6m</th>
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<td>Further cosmetic corrections (Including jawbone surgery)</td>
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Eye Donation means donating the eyes of a person after death for transplantation with the family consent. There are millions of people who are blind because of problems affecting the cornea, the transparent front part of the eye. In India, we have an estimated 4.6 million people with corneal blindness that is curable through corneal transplantation (so called eye transplant). But the rate of eye donation is far less than the need. Therefore it is an appeal to everyone to pledge to donate the eyes on their death.

We should know that our eyes live even after death and can light the life of two blind persons.

◆ Magnitude of the problem of blindness in India

We have an estimated 4.6 million people with corneal blindness that is curable through corneal transplantation with eyes received by us as donations. Out of this, an estimated 4.6 million are 90% of the people with corneal blindness are below the age of 45 years including some 4.5 million below the tender age of 12.

More than 90% of the corneal transplantation is carried out successfully in restoring vision to people with corneal blindness. Including infants born with cloudy cornea, corneal transplantation can make a big difference to the rest of their lives. Your beloved ones thus live and light up the lives of others even after death.

The relatives of the deceased person can donate the eyes of their beloved ones immediately after the death. The eyes need to be collected within six hours of death.

◆ What is corneal transplantation?

It is an operation that replaces opaque cornea with clear cornea obtained from human donor after death. Living person cannot donate his eyes

◆ Who can be an eye donor?

There is no age limit, people with spectacles, diabetes hypertension, persons blind with retinal diseases provided the cornea is clear. All one needs to do is to pledge one’s eyes to donate after death. The support of relatives or friends to carry out the wishes of eye donation after death. One needs to call the eye bank immediately as the eye needs to be removed with 6wks of death.

◆ How to pledge one’s eyes?

All you have to do is fill up an eye donation form available from any eye bank and submit it for your information please contact.

◆ Who cannot be an eye donor?

Death due to unknown cause, death due to infections like rabies, syphilis, Hepatitis B, AIDS, Septicemia, Malignancy

◆ Instructions to be followed after death:-

- Inform eye bank immediately
- Keep both eye closed and cover with moist cotton.
- Switch off the ceiling fan if any directly over the deceased person.
- Raise the head of the deceased by about 6” if possible to reduce the chances of bleeding at the time of removal of eyes.
- If possible apply antibiotics eye drops periodically into the deceased person’s eyes.

◆ Is there any religious / social conflict?

Certainly not more over eye donation gives a gift of sight light. As such it is consistent with beliefs and attitudes of all major religious and ethical traditions.

◆ Will eye donation cause delay in funeral arrangement and disfiguring?

No it takes only half hour or less by the trained person & there is no disfiguring of face. Artificial glass eyes can be used to fall up the eye select and improve appearance.

◆ Is there any payment?

No payment from donor as well as recipient however the recipient may have to bear the medical expenses for surgery.

Identity of donor & recipient is kept a secret.

◆ Do you Know

Do you know that our eyes live even after our death? Do you know that we can light the life of two blind persons by donating our eyes after our death?

- Eye donation is perhaps the noblest of all gifts! It gives us the chance to make a difference even after we are no more.
- The Narayana Nethralaya Eye Bank operates 24 hours throughout the year. Through our Eye Bank, we obtain, evaluate and distribute eyes received as donations from good-minded people for use in corneal transplantation, research and education.
- While eyes that are found suitable for corneal transplantation are used for corneal transplantation, other eyes received that are not suitable for transplantation, are also put to good use as these are used for research and education.
- Cornea is the clear tissue covering the front of the eye.
- If the cornea becomes cloudy from disease, injury,
infection or poor nutrition, vision is dramatically reduced or lost.

- Corneal blindness can be treated by replacing the damaged cornea by a healthy donated human cornea. The human cornea can be procured through Eye Donation only.
- Corneal blindness affects mainly children and young adults who have a long life ahead of them.
- Though we have trained, highly qualified surgeons and hospital facilities to do the corneal transplantation, we do not have enough eyes donated to do the surgery.
- Approximately 70 lakh blind population of our country are waiting for corneal transplantation and approximately 40,000 new cases of this treatable blindness are being added every year. However, only 20,000 eyes are donated every year in our country. Leaving behind a huge backlog of avoidable blindness.
- One eye donation can give sight to two corneally blind persons.

**Before Eye Donation**

- Eyes should be donated within 6 hours of death.
- Anyone can be a donor, irrespective of age, sex, blood group or religion.
- Anyone with cataract or spectacles can also donate eyes.
- Persons suffering from hypertension, diabetes can also donate eyes.
- Total procedure takes 15-20 minutes. There is no disfigurement of the face of the donor after eye donation.
- Eyes can be donated even if the deceased had not formally pledged their eyes during their lifetime.
- Eye Bank team will rush over to the donor’s home or any other place where the body is available after death. This is free service in public interest.
- Following pledging your eyes please inform your family about your wish so that they can fulfill your wish.
Rh- NEGATIVE PREGNANCY

Most people have heard of the terms “Rh positive” and “Rh negative” in discussions regarding blood type. Many people are aware of their particular blood type, such as A-positive or O-negative. General blood types exist in many different combinations as well as in less common combinations with less common blood cell characteristics.

Blood groups and blood types have specific characteristics of an individual's red blood cells. All people have red blood cells, or RBCs, which are responsible for transporting oxygen and carbon dioxide around in the body. However, RBCs vary among different individuals. The work they do is the same, but they can have different groups of proteins on and in the cells themselves. These characteristics are inherited from our parents, much like our facial features and hair color.

◆ Blood types

Everybody has a blood type. The most common blood type classification system is the ABO (say “A-B-O”) system discovered by Karl Landsteiner in the early 1900s. There are four types of blood in the ABO system: A, B, AB, or O. Blood types are determined by the types of antigens on the blood cells. Antigens are proteins on the surface of blood cells that can cause a response from the immune system. The Rh factor is a type of protein on the surface of red blood cells. Most people who have the Rh factor are Rh-positive. Those who do not have the Rh factor are Rh-negative.

◆ Statistics

All over the World about 85% of people are Rh + and 15% are Rh -. In India only about 5% of people are Rh- and remaining are Rh+

◆ Rh disease

Rh disease occurs during pregnancy when there is an incompatibility between the blood types of the mother and baby. It is a condition that occurs when an Rh negative mother has given birth to an Rh positive baby and subsequently becomes pregnant with an Rh positive child. It can cause destruction of red red blood cells of fetus as well as new born baby.

◆ Causes of Rh disease

When an Rh negative mother has a baby that is Rh positive, problems can develop if the baby’s red blood cells cross to the Rh negative mother. This usually happens at delivery when the placenta detaches.

The mother’s immune system sees the baby’s Rh positive red blood cells as foreign. Just as when bacteria invade the body, the immune system responds by developing antibodies to fight and destroy these foreign cells. The mother’s immune system keeps the antibodies in case the foreign cells appear again, even in a future pregnancy. The mother is now Rh sensitized.

A baby receives one gene from the father and one from the mother.

Problems with the Rh factor occur only when the mother’s Rh factor is negative and the baby’s is positive.

◆ Rh sensitization

During pregnancy, Rh-negative is the only one of these blood groups that can cause a problem. It turns out that an Rh-negative mother can make antibodies (part of her immune system’s response to invaders) against Rh-positive blood cells, even against those of her own baby. This is called Rh sensitization. These antibodies have the potential to cross the placenta and attack the fetus’ red blood cells, which in turn can cause low blood count (anemia), congestive heart
failure, and even fetal death. This is called hemolytic disease. Fortunately, Rh sensitization is preventable with a medicine called Rh immunoglobulin.

Sensitization can occur any time the fetus’s blood mixes with the mother’s blood. It can occur if an Rh-negative woman has had:
- Spontaneous abortion
- Induced abortion / Medical termination of pregnancy.
- An ectopic pregnancy
- A blood transfusion.

**Symptoms**
A mother has no physical signs of Rh disease, but her Rh positive baby can have problems if the mother has developed antibodies.

**Diagnosis**
Early identification of the Rh negative mother is very important. In addition to a complete medical history and physical examination, diagnostic procedures for Rh disease may include:
- Testing the presence of Rh positive antibodies in the mother’s blood
- Ultrasound - to detect organ enlargement or fluid build up in the fetus.
- Amniocentesis - to measure the amount of bilirubin in the amniotic fluid.
- Sampling of some of the blood from the fetal umbilical cord during pregnancy to check for antibodies, bilirubin, and anemia in the fetus.

**Treatment**
Treatments for Rh disease may include:
- Sensitization can be prevented by giving the Rh negative woman an injection of Rh immunoglobulin during and after pregnancy. Rh immunoglobulin is an antibody derived from human blood products, which is injected into one of muscles, usually an arm or buttock. With this specific antibody, immune system is fooled into thinking it has already made these antibodies and blocks immune system from producing any more.
- Intrauterine blood transfusion of red blood cells into the baby’s circulation.
- Early delivery, if the fetus develops complications (if the fetus has mature lungs, labor and delivery may be induced to prevent worsening of the disease).

**Prevention**
- Routine blood test of every pregnant woman should be done to know the blood group and it is better to know the blood group of husband also.
- Antibody screen is another blood test that can show if an Rh-negative woman has developed antibodies to Rh-positive blood.
- An injection of Rh immunoglobulin can prevent sensitization of an Rh-negative mother.

**Conclusion**
Rh incompatibility is a preventable disease. Blood tests should be done routinely on all the pregnant women. Abortions and miscarriages should be avoided. Preventive immunization should be done for all Rh negative women. Fetus should be scanned regularly. It should be considered as a high risk pregnancy and managed with care.

---

**Mosquitoes:**

**enemies in your house**

In stagnant water, in flower vases, in fish tanks, in pools of dirty water, in canal bunds, mosquitoes dwell.

Mosquito bite causes not only irritation and itching but also Malaria, brain fever, yellow fever, Filaria, Japanese Encephalitis, allergic reactions etc.

**Control**
- Fill up the pools of still water.
- Change the water in flower vases, tubs and buckets often.
- Keep milk, curries, sambar and other eatables covered.
- Close the doors, windows and balconies.
- Use mosquito nets if possible.
- Cover your hands and legs properly if you are sleeping outside in the open.
- Ensure that the dirty water canals are away from your house.
- Apply citronella, Eucaliptus oils to your body. They keep the mosquitoes away.
- Use Odomas, Tortoise, Rooster, Crocodile coils etc., or Good Knight, Casper or Samurai mats.

**Danger of using anti-mosquito coils or mats**
- Lung diseases may attack because of the smoke from the coils.
- Headache, vomit and illness may be caused from the use of sprays. Allergy too may also be developed.
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OBESITY MANAGEMENT & BODY SCULPTING

<table>
<thead>
<tr>
<th>Face Lifts</th>
<th>Face and Body Glow</th>
<th>Oxygen Lifts</th>
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<tr>
<td>Permanent Hair Removal</td>
<td>Cryolipolysis</td>
<td>Bikini Body Shaping</td>
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<td>Stem Cells for Hair Loss &amp; Face Rejuvenation</td>
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Learn Yoga with ForeZorba

Padmasana

Padma means lotus so this asana gives a posture of lotus through the position of legs. Concentration and relaxation are the most pivotal outcome; a person seeks through practicing yoga. This asana is complete in itself as well it works as connecting asana between two. This is actually for tuning your mind for the yoga. You need to be alert and conscious while doing it.

◆ Coming to Pose:
  - In order to do this asana, spread a blanket or carpet on the floor and sit on it.
  - Spread both legs forward.
  - Bend the right leg at the knees and be comfortable.
  - Now hold the ankle of the right leg with right hand and catch the toes of the right leg with the left hand. Draw it inside the right leg, lifting it upwards with the help of both hands.
  - Fix the heel of the right leg at the base of the left thigh with the help of both hands.
  - Bend knee of the left leg and hold the ankle of the left leg with the left hand. Hold the toes of the left foot with the right hand and then lift it with the help of both hands and fix the left heel at the base of the right thigh.
  - Fix the index fingers of both the hands at the base of thumbs and spread out the three remaining fingers of both hands.
  - Keep the waist, back and neck straight.

◆ Caution:
  - This asana may give pain in the beginning, but one gets used to it soon. This can be done initially for a minute or so, but later the period can be extended.
  - Saints sit in this pose for hours.
  - Duration: 2 mins - 60 mins with your easiness

◆ Benefit:
  - It improves mental well being and brings peace, solitude and longevity to practitioner.
  - It improves digestive power and removes constipation and improves appetite.
  - Cures rheumatism, diseases of the skin and heart and strengthens muscles of the waist.
  - It preserves vital fluids in the body.
  - It prevents abdominal disease and female disorders connected with reproductive organs.

* In this series “Learn Yoga with ForeZorba” we will learn different yoga poses, its health benefits and along with that selected problems and your queries. Please send your queries related to your health concern, yoga pose, natural herb cure, crystal and root therapy at forezorbamag@gmail.com
Handling Pelvic girdle pain during pregnancy the Ayurvedic way

Pelvic girdle pain is very common in pregnancy and managing it is quite a challenge. To see how Ayurveda manages it this article is for you.

Pelvic girdle pain during pregnancy

During pregnancy the kapha bioenergy relaxes and softens the ligaments. The tough and flexible tissues that connect the bones in the pelvis and other parts get softened to facilitate and give room to the growing baby and help baby pass through the pelvis during labor—birth of the baby. It is surprising to know that body expands when pregnant and it is not only the tummy that stretches the whole rib cage has to open up to make room for the growing baby in latter stages of pregnancy. Even arteries have to get bigger to accommodate the extra blood pulsing through you. But because the ligaments have softened the grips on the joints is lessened and there is more movement in the joints because of which the two halves of the pelvis get misaligned and vata bioenergy gets disturbed giving rise to pain in the joints of the pelvis.

Causes of pelvic girdle pain during Pregnancy

PGP is pain in the joints that make up your pelvis. They include symphysis pubic joint in the front and the sacro iliac joint in the back of the pelvis. If one side of the pelvis moves more than the other then this can cause pelvic pain. Normally our pelvis is in locked position or stable position. If you have pelvic pain that means you are doing an activity with less stability or unlocked pelvis resulting in irritation and pain. This discomfort is common in pregnancy. When body is in pain the muscles tighten which may cause asymmetry and misalignment of the joints. Appropriate exercises and alignment shifts can help stabilize the pelvis by relieving pressure and strengthening and releasing the muscles that support it.

Symptoms of PGP

PGP occurs when the two halves of the pelvis become misaligned. This happens because the kapha bioenergy softens all tissues including ligament during pregnancy. The pubis symphysis, which is normally supported by dense network of tough tissues called ligaments softens in pregnancy because of which the joint loosens causing instability resulting in pain and inflammation. The pain is most common in the front of the pelvis and also sometimes in the back or on either side of the sacrum that flat part on the lower back and episodes can start early like from first trimester and late as even just before delivery. If the pain occurs at the very end of pregnancy it may be because baby’s head is engaging or moving down into the pelvis.

Principles of treating PGP

As PGP is vata disorder, diet and lifestyle which is favorable for vata correction is recommended.

Nidana parivarjana or correcting the causative factor is the first line of treatment.

Next the physician will access the bioenergy involvement and depending on that medicines are prescribed.
Seek positions and movements that relief pain to correct the causative factor:

Though pain is felt in your back it is perceived in the brain. By controlling how you think and breathe you can increase tension and thus increase pain. While certain positions and movements unload your structural system and quieten your pain resulting in relief and comfort. So develop awareness of which position and movement aggravate your pain and symptoms and which one reduces stress and irritation.

If you are sitting bending or carrying objects that may pull you down in a rounded slumped pattern then try relief positions and movements that structurally lengthen and decompress the spine.

Back lying position of rest: Stretch out on your back with your legs resting out or up on a few pillows. You can support your lower middle or upper back with a folded sheet. Now place your arms up and out to the sides to give that lengthening and decompression state to the spine and chest wall.

Lying on the Stomach: Place a flat pillow under your upper chest to allow your head and neck to relax forward on your hands or to be turned sideways without straining and If you feel there is an amount of pressure to your lower back place a pillow under your lower abdomen.

Stomach lying on the elbows: Gently shift your shoulders from side to side in this position to allow your lower back to relax and sag. If you find this position uncomfortable for your shoulders you can use pillows under your chest to relieve pressure. Relax in this position as long as you find it comfortable.

Standing backward bending: Do this after you stand after sitting for a long time. Place your hands on the low back and buttocks and slowly gently lean back with your legs straight do not tilt your head back and stop when you feel comfortable amount of pressure in the center of your back or across your low back.

Sitting back and up: When you cannot or don't want to get up recline and stretch out in your seat.

Walking is the best way to relieve low back pain /leg pain that come on after sitting too long or bending too much.

Desk for sitting: If you are sitting for long at a table start out by pushing your chair back from the desk then gently arch your lower back and stick your buttocks out. If possible spread your legs wide apart with your knees bent. Rest your arms and head on the desk allowing your spine to elongate forward and relax for a minute.

When you have one sided low back pain or leg pain use side lying with your side with the painful side up. Place a small rolled up towel under your side in the hollow between pelvis and the ribs place your top arm up and over your head. You should feel as though you are lengthening the top side between your chest and pelvis.

Spinal counter rotation: Lie on your back and move your knees to each side using pillows on the outside of the knees for support. If resting with your legs off to a particular side seems to help relax in that position for a few minutes as long as your symptoms are decreasing.

Standing side bending: Typically takes the weight off and lengthens the painful side is the most effective. By raising your arm over your head and bending away from the painful side will reduce compression. Use an over head bar to reduce compression even further.

Stomach lying with side bending: Gently shift your shoulder from side to side but position so that one side is lengthened slightly while the opposite side is shortened.

If you have low back pain and it aggravates by activities or positions that over arch the low back:

This typically occurs during activities that involves walking reaching over head or lying straight out on ones stomach or back too much too long or too often. Bad form while in these positions tends to pull the low back in an over arched pattern these positions and movements serve to loosen up the lower back enabling it to return to a forward bending direction after sustained period of being relatively arched knees to chest position.

Stomach lying flexion is useful when you want to get direct pressure of your back Place a pillow under your abdomen so that you feel a gentle comfortable flattening of your lower back. You may find that placing another flatter pillow under your upper chest will relieve any stress you feel to your neck. Relief can also be achieved by kneeling and resting your upper body on the bed.

Decompression squat: Support yourself against a wall and move your feet wide apart and about one foot away from the wall. Squat down making sure that you bend at the hips and knees so your rear end feels like it is sticking out your buttocks should be leaning against the wall. Place your hands on your thighs and take weight through them. By pushing through your arms you can minimize compression and release back muscles.

In one sided low back or leg pain aggravated by activities that over arch the low back Movement of the upper and lower body away from the painful side usually provides relief, but lengthening towards the painful area works the best.

How to get quick pain relief

Breathe and imagine relief during periods of increased pain or stress:

To get relief and relaxation from pain combine specific thoughts and mental images with your breathing pattern when you experience severe pain. Thoughts and breathing can affect your body's nervous...
Metabolism is a complex bio-chemical process by which your body converts what you eat and drink into energy. It is literally the powerhouse to your body providing energy to keep you going. Your metabolism is partly ruled by genetics and partly slows down with age.

How many people say that their partner can take off weight easily when they work harder and still stay stagnant because of their metabolism? When it comes to losing weight and being healthier overall, increasing your metabolism plays a big part. A faster metabolism helps you with digestion, and helps burn off fat and pounds, even while you’re sleeping. Metabolism correction and increasing your metabolism means that if you lose weight while preserving needed muscle, you will be able to maintain your weight loss. Natural metabolism boosters will not negatively impact your body’s metabolism centres like your thyroid, while artificial or pharmaceutical stimulants may.

If you choose supplements, you’ll have energy now, but you will be more tired later on. There is a large burden on your liver and kidneys with all supplements that could prove harmful. By having these foods in the right portions and at the right times of the day, you’ll be helping yourself in your own weight-loss, muscle-gain ventures.

Almonds

Although high in calories (don’t overdo it), almonds contain protein, fiber and monounsaturated fat that raise your metabolism.

Beans

High in Protein, Iron and fiber are two of the building blocks of boosting your metabolism, so beans, rich in both, are a good choice. Iron is an important mineral that helps transport oxygen to muscles, needed to burn fat. Iron helps our bodies make energy.

Berries

All fruits are a good idea due to their carb and fiber content, both of which are important tools for boosting metabolism. Berries in particular, are rich in “antioxidants, like vitamin C, which helps combat damaging free radicals generated during exercise and helps you heal more quickly.

Chia Seeds

Chia seeds are high in fiber, protein and healthy omega 3 fats. When you have all three together, it is very powerful.

Chocolate

Dark chocolate (70% or higher cacao) can help boost your metabolism. Raw cacao is one of the best food sources of magnesium, and magnesium helps to support healthy glucose levels. Magnesium also stimulates the fat-burning hormone adiponectin.

Cinnamon

It is a fairly unanimous metabolism booster. Cinnamon contains thermogenic properties, which means when you consume it, your body automatically starts to burn more calories throughout the day.

Coconut Oil

It is high in medium chain fatty acids – which a more easily converted into energy than other kinds, so they help to boost the metabolism and are less likely to get stored as fat. It is supportive of the thyroid gland too – which is essential to a healthy metabolism.

Coffee

Caffeine gives your mind, body, and metabolism a boost, and a much healthier boost than sugar. The caffeine in (coffee, tea and espresso) gives a short-term jump to your metabolism, so if you need a pick-me-up, drink one of these instead of an energy drink loaded with sugar.

Fish

Not just rich in protein, fish is also rich in omega-3 fatty acids, allowing it to do double duty on your
metabolism. Omega-3 fatty acids help to fight against inflammation in the body as well as decrease circulating stress hormones. When stress hormones are elevated in your body over a period of time, they begin to store fat and elevated blood sugar and insulin levels. However, foods rich in omega-3s can lower these circulating stress hormones and turn up your body’s ability to burn fat.

Spinach, and also any leafy green, is a great metabolism booster. High fiber foods like leafy greens can increase your fat burn by 30%.

While many warn against eating too much watermelon due to its high sugar content, adding a slice of watermelon to your meal might actually be a good idea as watermelon’s high concentration of the amino acid arginine (speeds fat loss while increasing muscle mass), this delicious fruit just may help you shed more pounds.

**Water**

- Last but really not least is water. It is the starting point for a boosted metabolism, drinking water increases metabolic rate by 30 percent. Increasing your fluid intake may help your body to more effectively break down fat. In addition, even slight dehydration can slow metabolism.

**Tips to remember:**

- Make sure your calories come from a good source.
- Focus on low-glycemic, high-protein foods.
- Eat the recommended amount of calories for your body type and activity.
- Eat the right number of meals.
- See the sun, Exposure to sunlight in the morning can help boost metabolism.
- Sleep is an important way for your body to recharge and repair itself. Chronic lack of sleep can slow metabolism, so aim to get 6-7 hours per night.
- Choose organic.
- Lower your stress. Any activity that lowers stress, like meditation or yoga, will help regulate metabolism.
- Work out. Foods and supplements cannot magically raise your metabolism enough to help you lose weight. If you want a quick metabolic boost, you’re better off hitting the gym or going for a brisk walk.
- Take care of your liver. This organ is a powerhouse in the metabolism world. It alone is responsible for around 600 metabolic activities on a daily basis. If your liver isn’t working optimally your metabolism is not working.
- Eat breakfast every day. If you don’t, your body goes into starvation mode, so your metabolism slows to a crawl to conserve energy.

Overall, it’s important to remember that every small step counts, but none of these steps is a magic formula. The journey towards healthy living should be consistent.
system and trigger the effect of our feelings. If you visualize comfort pleasure and happiness we can release natural chemicals that help in blocking the pain signals. By controlling how you think and breathe you can see how your brain perceives your pain symptoms

**Pamper marma points on the back**

- Katikataruna is a marma point which rises from the hips / the center of the buttocks one on each side. (Your health care provider will locate this site at the hip joint two and half finger units downwards and inwards from the greater trochanter of the femur; the line joining the greater trochanter with the ischial tuberosity superficial to the zone orbicularis.)
  - Apply marma massage to the area using a soothing circular motion for about 5 minutes. Strong pressure can also be done at this point for about two minutes. Dhanwantara taila, bringaraja taila, Aswagandha bala lakshadi taila, Tila taila, kakolyadi taila, mustard oil etc. can be applied under the supervision of health care provider.
  - Two kukundara Marmas are felt on the loins on either side of posterior superior iliac spine one on each side of the back. (Your health care provider will locate these points on both posterior superior iliac spine notches just above the buttocks inside or spinal area of the hip bone)
  - Applying marma massage to the area using oils like manjistadi taila, kotam chukyadi taila, sunflower or mustard oil stimulates the circulatory system. When oils which strengthen the blood vessels like Shatawari taila, Aswagandha taila or plain sesame oil are used, fatigue in the legs is relieved.
  - Two nitamba Marmas are seen in the upper region of the buttocks located one on each side. Locate them one finger unit above the kukundara marma.
  - Apply marma massage to the area or give a pressure massage especially with oils like nimba taila, mustard oil, nimba patradi taila, and sesame oil helps control weight and kapha bioenergy.
  - Two parswa sandhis the side of the waist (Your health care provider will locate it on the posterior side in the lateral aspect of the lumbosacral joint and on the anterior side marma point is close to the common iliac artery)
  - Follow usual massage techniques strengthen the ovaries channels of digestion, excretion and respiration and immunity booster which manifests through the legs. Massage with vacha lasunadi taila /sesame oil /Aswagandha bala lakshadi taila.
  - Two bruhati Marmas can be located in - the large / broad region of the back one on each side. (Your physician will locate it between the shoulder blades three finger units above the inferior angle of the scapula on the inner edge at the triangular space).
  - Applying marma massage to this area and giving pressure relieves tension and stress in the shoulders back and heart, use rasa taila, Himasagara taila, or mustard oil for toning up the plasma and, lymphatic system.
  - Two amsa phalaka Marmas are the spine of scapula/shoulder blade one on each side. (Your health care provider will locate it on the scapula bone above bruhati super medial angle of the scapula). Marma massage and a pressure in this area open the prana in the arms, lungs and chest and improve peripheral circulation .Use maha Narayana taila sheetala taila or sesame oil.

**Two amsa Marmas can be felt one on each shoulder.**

(Your health care provider will locate them between the neck and arms on the trapezius muscle half finger unit lateral to the spinous process of the fifth cervical vertebra).

- Marma massage and acupressure removes tension in the neck and strengthens the udana vata bioenergy. Use sunflower oil / coconut oil bramhi oil to get the desired result.

**Use pain relief “Ayurvedic therapies and medicines”**

Application of the medicated oil to the injured / painful area is the first line of treatment and various medicated oils depending upon the condition of the patient are administered and bioenergy involvement .Mahanarayana taila, Pinda taila, Murivenne, Tila taila etc. are some examples

- Pariseka sweda: Medicinal herbs infusion is poured on the body parts that are painful/diseased. This procedure is called as pariseka sweda and is done by a special instrument called as dhara yantra.

  - Application of warm herbal paste to the diseased part is called as Upanaha sweda This procedure facilitates the absorption of the active principles from the herbal paste .The required medicinal herbs are pound well to make a paste with liquid base like rice gruel .This paste is added with little salt and ghee .Depending upon the variation in preparation of the paste thickness of application and therapeutic qualities three distinct type of pralepa are employed in clinical practice.Rasnadi lepa, chinch lepa,suradaru lepa are some effective lepas .

  - Internally Dashamoolam kratha is given with food whenever there is severe spasm in the back and pelvis.

  - Cooled decoction of bilva and agnimanthra or patala and nagara is beneficial in correcting vata disorders.

  - Powdered leaves of castor plant with milk or milk medicated with leaves of eranda is recommended to treat PGP during pregnancy

**Yogasanas for PGP**

- Tadasana, Parsvottonasana, Ardha utkatasana, Urdhwa mukha tandasana, Marjaryasana, Setubandasana, Sarvangasana, virasana ,ardha mukha virasana ,savasana are some of the asanas prescribed by yoga experts .Follow safety guide lines when practicing yoga during pregnancy. You can take the help of your health care provider before starting yoga.Dont over do it .Set about 30 minutes of moderate physical activity and divide it throughout the stretch of the day.
Psychiatric disorders are on the rise due to enormous distress caused by present day’s competitive, insecure and demanding life.

These disorders appear in the form of anxiety, depression, fear, panic attacks, schizophrenia as well as headache, body pain, weakness and poor work efficiency. Persons of all ages including children get affected by such problems. Children exhibit unruly behavior, lack of concentration, poor study performance, eating disorder and hyperactivity.

Factors causing psychiatric disorders are:
- Genetic – factor which has been passed down by ancestors.
- Regular or over use of alcohol and recreational drugs.
- Stressful work atmosphere – overwork without recreation, lack of appreciation and incentive for good work.
- Emotional stress due to strained relationship with spouse, parents, children or near relative bereavement due to loss of love object and failure to achieve success.
- Physical illness and accident.
- Irresponsible and reckless life style.

These factors many of which are known as stressors effect adversely on the nerve cells and alter the neurochemistry of central nervous system. The fine balance of neurochemicals acting through various pathways in brain gets altered and produce psychiatric disorder.

One or more of these factors lead to nervous breakdown. Children suffer mostly when their parents vitiate home atmosphere by frequent quarrels with each other, at times leading to their separation.

When an individual gets mentally disturbed, it gets reflected in his behavior which becomes disorganized. He does not feel at peace with himself as well as with others. He becomes a burden for others. His vital functions like sleep, eating habit, emotional response, sexual activity and work efficiency get affected and tell upon his performance. His coping mechanism and stress adaptability become weak. As a result he feels east down and contemplates suicide. Most suicides are the result of such disturbance.

Psychiatric diseases are like any other diseases as diabetics and blood pressure. Where disturbance in different specific set of body chemicals cause them. Therefore psychiatric illness need treatment as any other illness.

Poor awareness prevents to seen for proper psychiatric help. People suffer silently using mechanism of denial to project that every thing is well with them though it is on the contrary. Moreover psychiatric illness is seen as a taboo in society. The fear of being labeled as a psycho, crack or mental inhibits motivation for seeking proper psychiatric assistance.

Hence it shall be wise to understand these illnesses as any other illness shun inhibition and seek for proper professional help which shall not only improve quality of life but also bring about better functioning in day to day responsibility.
Diabetes

Problems faced by diabetic patient

◆ Kidney problems:
  ● Blood vessels in the kidney get closed or become narrow and hence kidneys are damaged.
  ● 25% of the diabetics die of kidney failure.

◆ Heart problems:
  ● If blood sugar* is not controlled for years, the blood vessels become hard or thick leading to Atherosclerosis.
  ● Such persons may get heart disease, stroke, high B.P. etc.
  ● If there is the history of Diabetes in your family, get the Glucose Tolerance Test done once in a year.
  ● If you are a diabetic, get your blood sugar examined once in 2-3 months and change the treatment accordingly.
  ● Stop drinking and smoking.
  ● Get Lipid Profile Test of your blood (for cholesterol, HDL, LDL, Triglycerides).
  ● After 40, go for Master Health Check-up every year.

◆ Foot problems;
  ● There is every chance of feet getting damaged in diabetes. Therefore blood circulation will not be proper there, as a result they lose the sense of touch in their feet and legs.
Vacuum Pump/Hydro Pneumo Vacuum Pump for Organ Development in Men

Remedies For Sexual Problems Of Men. Several Natural Remedies & Treatments are available:

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0821-2444441 / 3265000

E-mail: csk@drsharath.com   drcsharath@hotmail.com
Website: www.drcsharath.com   www.mediwave.net
There is a chance of the thin skin on the feet getting damaged. It takes longer time for the wounds to heal.

- If you do not notice the wounds, they gather pus and lead to Gangrene.
- When the leg or any part of it is completely damaged, they may have to be amputated.

Cares to be taken
- Take the following cares regarding the feet and the fingers.
- Don’t go out without proper protection to your feet. Invariably wear chappals when you walk.
- They should check-up their feet everyday if there are any wounds, scratches, inflammation, pus formation in their feet.
- Should show the feet, to the doctor whenever they go for consultation.
- Must clean their feet with soap using warm water (hot water should not be used) and dry the feet with a cloth.
- If any part of the feet is dry, apply moisturising lotion. Don’t apply it between fingers.
- Cut the nails of the fingers of the legs. See that it does not wound your fingers while cutting nails.
- Change your socks daily. See that they are clean.
- Use comfortable foot wear. It is better if they have cushion. Better use leather wear than synthetic ones. When you are using new shoes, practise with them for some time before you use.

◆ Care in the use of Antibiotics
- Patients who are using anti-diabetic tablets or taking Insulin should be very careful if they have to use antibiotics.
- They should not use Sulpha group antibiotics like Septran, Bactrim, Ciplin etc. Their use will bring down the level of blood sugar-the disease called Hypoglycemia.

- It is the same situation, if they consume alcohol after taking antidiabetic tablets.

◆ Sex problems:
- If people have been suffering from Diabetes for a very long time, the blood veins in the male organ may become narrow or weak, thereby obstructing blood flow. Consequently erection problems arise—delayed erection or unsteady erection.
- In women, many of the problems are not there. In some, vaginal lubrication may come down.
- Their sex organ may be subjected to Fungal infection and bacterial attack.

◆ Exercises and Yogasanas
- In order to keep the disease under control, a diabetic must, apart from forming certain good habits, exercise regularly.
- Exercise will help reduce the blood sugar by letting the muscles use the sugar in the blood.
- Heart diseases and other diseases of veins are kept in check if exercise is done regularly.
- Walking, jogging, running, swimming, skipping etc., will do good to a diabetic.
- Yogasanas are also equally good. All the asanas, especially Mayurasana— which applies pressure on the stomach. This pressure stimulates the Pancreas to produce Insulin.
- Exercises like “Pranayama” also does good to diabetics.

◆ Care during the exercise
- Don’t exercise in empty stomach.
- Increase the exercising time slowly and steadily.
- Don’t exercise any time you please. Do them at a fixed time and regularly.
- Brisk walking is the best exercise to the diabetics.
- Don’t go into weight-lifting exercises.
- Always do your exercise with the advice of your doctor.

◆ Vegetables you should eat in plenty
- Pumpkin, papaya, cabbage, snake gourd, cucumber, cauliflower, beans, drumsticks, bitter gourd, ladies fingers, raddish, garlic, brinjal, Bangalore brinjal, leaf vegetables, onion, tomato

◆ Foods you should avoid
- Sugar, honey, jaggery, glucose and all sweets
- Cashew nuts, almond, pista, kismis
- Tender coconut water and tender coconut
- Cool drinks, alcohol, Horlicks, Boost, Complan
- Banana, mango, jack fruit, grapes, custard apple, sapota, etc.
- Maida cakes, glucose biscuits
- Potatoes and all root vegetables
- Ghee, butter, cheese, coconut oil, palmolin, gingelly oil, etc.
HEAD INJURY

◆ WHAT IS HEAD INJURY?
Head injury is any trauma that leads to injury of the Scalp, Skull, or Brain. These injuries can range from a minor bump on the head to a fatal blow to the brain.
Head injury can be classified as either Closed or Penetrating.
- Closed Head Injury: The head sustains a blunt force by striking against an object. A concussion is a type of closed head injury that involves the brain.
- Penetrating Head Injury: High velocity object breaks through the skull and enters the brain.
- Any blow to the head can result in a head injury. Head injuries can cause damage to the:
  - Scalp (skin covering the top of the head)- such as a minor bump on the head or scalp wound that bleeds
  - Skull - such as a skull fracture (a break or crack in the bone that surrounds the brain)
  - Brain- which has very sensitive structures, can be damaged in many ways, resulting in tears, bruises and clots inside the brain.
  - Blood Oozing from broken vessels may seep into the brain even though you may not be able to notice externally with any bumps, cuts or bruises on the head. The blood has nowhere to go because skull bones don’t expand. This puts pressure on the vital areas of the brain. This can cause serious problems. Bleeding in the brain often starts within the first 24 hours after head injury and can last for three days or longer. It is imperative to watch for signs of a serious head injury during the first 24 hours.

◆ HOW TO RECOGNIZE HEAD INJURY?
SIGNS OF HEAD INJURIES - that alert the need for immediate medical care include:
- Loss of consciousness, confusion, drowsiness or sleepiness
- Inability to move any part of the body or weakness in an arm or limb.
- Dent, bruise, cut or blood on the scalp
- Severe headache with vomiting
- Stiff neck
- Blood or fluid that comes from the mouth, nose or ear
- Blindness, blurred or double vision
- Convulsions or fits

◆ GUIDELINES
IF THE VICTIM HAS SEVERE BLEEDING -
- The site should be covered with a cloth and keep the pressure applied till he is taken to a hospital.
- Shifting has to be swift and smooth so that the patient has the ‘golden hour’ with his side for his fast recovery.
- If you suspect injury to the neck, please make sure to immobilize the neck with whatever is available, be it even two bricks covered with some cloth! This is because if the victim has spine injury, further moving the neck will cause more danger to the spinal cord and it may make him invalid for life!

◆ IF THE VICTIM HAS ‘MINOR’ INJURY-
- Take him to a nearest hospital.
- If the victim is very serious (victim doesn’t open eyes or is having ‘fits’), shift him to a bigger hospital with CT scan facilities, and a neurosurgeon. This is the critical stage for the patient who is on the border of ‘LIFE AND DEATH’ and he should be given the best possible attention, as soon as possible.
- This holds good even if such a hospital is little far away from the accident spot as it is ‘BETTER TO SHIFT AT ONE GO RATHER THAN SHIFTING TO TWO HOSPITALS’ and losing the victim on the way.

◆ IMPORTANT POINTS
- Many times seriously injured are taken to smaller hospitals where a neurosurgeon is not available to attend the needy.
- By the time available doctors assess him and advise you to ‘SHIFT TO A BIGGER HOSPITAL’, most precious minutes are already lost.
- Don’t forget! Many of these victims can still be saved if attended immediately.
- Sometimes, a few hospitals agree to admit the victim in, and advise to get a CT scan of the head elsewhere.
- If the facility is not available in that hospital, then again you will be ‘ROAMING’ endlessly from one place to another, and often with grave consequences.
- It is stressed again, that if you feel there is brain injury, ‘RULE OF THE THUMB’ is to shift to a bigger center with CT scan facilities and of course, a neurosurgeon.

◆ MANAGEMENT
- First & Foremost - shift him or her out of the road and loosen all the clothing especially over the neck and chest to allow sufficient breathing.
- Check for the Pulse - over the wrist where we wear our watches, and over the side of the neck or groin. If the pulse is feeble or not felt, bend over his chest and listen to the heart beats. If you cannot hear any, then CARDIAC MASSAGE should be tried without wasting anytime.
- Check for the breathing - you can keep the back of your palm against the nostrils and feel for airflow. If it is inadequate, mouth-to-mouth breathing should be done.
- Check for the bleeding - Any bleeding site should be compressed with the help of some clothing.
It was 3 am on 1st July 16, I suddenly got up from bed, I had my very first class of DCS 17 the previous evening & Dr Ali was there churning our mind,

I thought I must write some feelings I had at that moment, I heard the voice of my wife “no lights, sleep” “I obeyed like a decent boy, but lights in my mind were on. Started writing in my mind.

Yahh ‘I am a good man, I think, but am I? To others? I don’t think so, since there have been complaints from wife, Children, Colleagues & many others! So what’s wrong with me?

I love my family, I behave well with others too. But still…. My wife always tells me, when will you understand what I want? I always used to feel very happy that I am looking after them well, I am buying lot of things for them, but still…. maybe I am looking at their likes from my perception of liking rather than their likes, I am a loving husband to my wife but not the way she expects me to do so. When I do what people do not like, there is always gap in my expectation of them being happy.

Generally, as parents, as boss of the company we decide what to provide, because we are of the opinion our wisdom says what is good for them. But do they have the same liking towards what we decide.

Yes we have no time, No patience to sit & talk understand the need of the other person, be it be parents, be it be wife or Children, then how on earth we know what they like & what is in their mind. How you can be good to others.

Spend time, speak of likes & dislikes, Respect their thoughts, and assure their safety in being with you. May be doors to heaven will open up here.

Now, other way of looking, do not get confused! Does it mean one should understand what others want & keep fulfilling so that one can be good to others.

God is very good, no debate on this subject… is He good to others, if so why people say, man proposes God disposes, why people say, God knows what to give & what not, We must be happy with what God gives.

Should all the people be happy contented with what we do, so that all are good to each other. There is something called satisfaction, contented, happy to have this at least feeling. Look at the person, who has no foot, at least you have old slippers.

If this is ok, what about our ambitions to grow & reach greater heights, why we want to do that and this? Why put efforts to reach the not reachable.

What’s Right? What’s Wrong?

Understand people & their need, not the greed. Provide them what they need but not support their greed.

Every human has limits to take & offer, there is total need of understanding between two.

When situation become turbulent & Noisy! Silence is the solution! There is saying in “Sanskrit Mounam Kalaham Nasti “Silence can never lead to fight”

Think Positive
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HEALTHVISION | SEPTEMBER-2016
A very special programme: A special request and a special appeal

We have crossed a decade on the voyage of publication of vaidyaloka and Healthvision. On this occasion we have commenced a health education programme for children, youth, women, rural folk and senior citizens. This unique project is named as Aarogya Nandana (Health heaven). In this venture, we don’t want to beg Government for financial support. We promise, We don’t crave for profit. This is a creative, very honest, sincere effort of spreading health education, to common people, with the participatory and contributing support of like minded in society. We have taken up this project with social responsibility. We hereby invite individuals, organizations and institutions, general public, Doctors, clinics, hospitals, nursing homes, schools, colleges teachers, those who are interested in joining hands with us. You can contact us. Those Youth, software employees, retired persons who want to donate, contribute may immediately contact us. We have selected Mr. N.V Ramesh a retired programme executive, poet, dramatist, actor and Director of Radio and Stage plays, resource person and an expert in media, Health, education, adolescence, as programme coordinator for this health project.

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Arogya Nandana

The main purpose and aim of this novel project is, to motivate people to attain, a balance of body, mind and spirit. This is to spread the message of health education, to common man. We propose to involve all kinds of medical diagnosis and treatment – i.e a complete comprehensive health. In this process, we want to integrate all simple, easily understandable and practicable health education points from all sources and systems of medicine Viz. ayurveda, alopathy, homeopathi, unani, siddha, rural and home medicine. we would like to disseminate such basic principles.

Many people still today, never think about, protecting their own health. People who know little about this, donot try to either regulate their daily life, or avoid all bad practices, and risks, which take them towards illness and diseases. many people still donot have time, energy to read and digest technical, medical books and articles. Many neglect small points in their daily life, which could keep them happy, healthy and tidy.

In this age of knowledge explosion people want small tips, for their pocket books many don’t have patience to listen to long lectures. They want apt and short list of health points, to remember easily. Hence we propose to put in our hard and sincere efforts, to spread message of health education, through various formats of arts. Through local artistes folk artistes, stage shows containing music, dance, drama, dialogue, interviews, will be neatly woven and will be presented. cooking competitions, baby shows, health shows, local sports and rural festivals, all such events will be the basic route, approach plan towards final implementation. To us, process of health education is more important, than achieving the final goal

- Implementation of this project

We propose to conduct minimum 2 programmers in a month we propose to commence such activities first in Bangalore, Mysore, Mangalore and Raichur districts and later on, would like to extend to other districts, depending upon the response and resources, we can pool together. our aim is to Create an awareness, about protection of Health of individual, family and society. When viewers witness our live programmes, through dialogue and stage shows, these will raise questions in their minds and they will be forced to think and ask questions, to find out answers. They will be motivated to carryon an active and healthy life style. We propose to conduct these programmes amidst people, in schools, colleges, temples, vilidge, market, jatras and so on. proposed topical subjects are —- Diabetis, high and low blood pressure, children’s health, importance of girl child, stop female infatiside, maturity of girl, / adolescence, health of woman, protections against rape, exploitation and family atrocities, menopause, use of salt and sugar, cleanliness and Hygiene in kitchen, nutrition, love and suicidal tendency, exam fever and suicidal tendency, tobacco addiction, drug addiction, alchollic addiction, malaria, leprosy, dengu fever, chickungunya, H.I.V and AIDS, Health of senior citizens, care of eyes, care of skin, food adulteration, modern v/s traditional Indian food, malnutrition, voluntary blood donation, sanitation, worms and so on.
Life style

Do you Snore?

Are you always tired?

If you snore regularly and experience constant daytime sleepiness, you may have a condition called “sleep apnea.” Although it is as widespread as asthma and diabetes, sleep apnea often remains undiagnosed—a “hidden epidemic.”

This checklist can help you identify some of the other signs of sleep apnea.
- Has your partner noticed that you gasp or stop breathing during sleep?
- Do you often wake up feeling unrefreshed?
- Do you sometimes feel exclusively sleepy during the day?
- Have your energy and motivation levels decreased?
- Do you find it difficult to concentrate

If you answer “yes” to any of these questions, you may be at greater risk from sleep apnea.
- Are you overweight
- Are you a heavy snorer?
- Does anyone else in your family have a history of snoring and sleep apnea?

Did you know that sleep apnea is associated with serious health conditions?
- Do you suffer from high blood pressure?
- Have you suffered a stroke or heart attack/disease?

What exactly is sleep apnea?
Normally, the muscles that control the upper airway relax during sleep. If they relax too much, the upper airway becomes narrow and some people begin to snore. If the airway becomes too narrow, this may cause breathing difficulties. Sometimes, the airway becomes completely blocked and the person temporarily stops breathing, experiencing an “obstructive apnea.” This can last for ten seconds or more. It may happen frequently—even several hundred times a night.

If you have this condition, every time an apnea occurs, you struggle to breathe, placing stress on your brain and heart. Night after night, your sleep is disrupted. You experience the kind of tiredness that affects the quality of your life, work, and relationships. Your partner may hear the tell-tale signs of sleep apnea while you sleep—snoring followed by a period of silence, and then, perhaps, a loud snort or a gasp as you resume breathing.

Serious risks to your health
Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated, they are a contributing risk factor in high blood pressure, heart disease, stroke, diabetes, and depression.
- More than 35% of people with sleep apnea suffer from high blood pressure, increasing their risk of heart disease.1
- Significantly, 83% of people who continue to suffer from high blood pressure despite taking three or more drugs, also have sleep apnea/Almost 70% of people who have had a stroke have sleep apnea.
- A person with sleep apnea is seven times more likely to have a car accident.

Can this condition be treated? How?
Yes! There is a very effective, widely accepted treatment for sleep apnea called nasal positive airway pressure therapy. A bedside device gently delivers pressurized air through a small mask or nasal pillows system. This pressure acts like an “air splint” to keep your upper airway open and help prevent apneas. This treatment doesn’t involve drugs or surgery and helps hundreds of thousands of people all over the world to enjoy healthier sleep and a healthier life. Many experience the benefits quickly—often during the first night of use.

Do you think you might have sleep apnea?
Take the Epworth Sleepiness test at the back of this brochure and consult your physician. They may refer you to a sleep specialist, to test you specifically for sleep apnea.

The Epworth Sleepiness Scale
How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?
This refers to your usual way of life in recent times.
Even if you haven’t done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:
0 = would never doze, 1 = slight chance of dozing
2 = moderate chance of dozing, 3 = high chance of dozing

<table>
<thead>
<tr>
<th>Situation</th>
<th>Chance of dozing Score 0—3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting and reading</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
<td></td>
</tr>
<tr>
<td>Sitting, inactive in a public place (eg a theatre or meeting)</td>
<td></td>
</tr>
<tr>
<td>As a passenger in a car for an hour without a break</td>
<td></td>
</tr>
<tr>
<td>Lying down to rest in the afternoon when circumstances permit</td>
<td></td>
</tr>
<tr>
<td>Sitting and talking someone</td>
<td></td>
</tr>
<tr>
<td>Sitting quietly after a lunch without alcohol</td>
<td></td>
</tr>
<tr>
<td>In a car, while stopping for a few minutes in the traffic</td>
<td></td>
</tr>
</tbody>
</table>

Total: The higher the score, the greater the chances of a diagnosis of Sleep Apnea. “This test is not a substitute for professional medical diagnosis and treatment management—if you have any concerns regarding your health, do seek professional medical advice.
According to the World Health Organisation (WHO), diabetes is currently one of the biggest health concerns that the world is faced with. And India has more diabetics than any other nation of the world. The International Diabetes Federation (IDF) has pegged the number of diabetics in India at about 62 million and it is likely to go over 100 million by 2030.

These are alarming statistics. And managing the health issue is a major cause of worry to millions of people. Early detection and continuous monitoring is a must for managing DIABETES for better health management.

Answering this need, a Bengaluru-based Start up company has developed the World’s first non-invasive health monitoring device based on NIR & PHOTODIODE technology. There is no pricking of any device into the body. It is a new technique which has high accuracy, low cost, wearable, covers all vital parameters, continuous measurement and records reading and analyses into meaningful results for effective Medicine prescriptions. Svasth+ is not a mere device, it is a total Health Management program, that integrates doctors, hospitals, and quick support for exigencies and emergencies.

Wrist-band technology

Invented by MIISKY TECHNOVATION PVT LTD, promoted as a new Start-up by AARM S Value Chain Pvt Ltd, Svasth is ONE DEVICE WITH MANY SOLUTIONS. The device can continuously monitor DIABETES, BLOOD PRESSURE, HEART RATE BASED ON PULSE OXIMETRY, SPO2, HEART RATE BASED ON ECG, BODY TEMPERATURE, ALCOHOL SENSOR for detecting health impacts of drinking, PEDOMETER based on MOTION SENSORS, for FITNESS TRACKING.

SVASTH+ also has built in PANIC BUTTON, which facilitates location tracking of the user, and can trigger distress messages to registered users, Police, Ambulance and doctors along with location.

Connects doctors in emergencies.

Svasth+ monitors the vital parameters, and alerts the doctors through MIISKY software process. The Doctor can view the analysis reports using the MIISKY vault no. The user also can press the Panic button, that will trigger to the nearest doctor for immediate medical help.

Make in India initiative

The Bengaluru-based company states that the product is designed manufactured as ‘Make in India’ initiative and can be exported to different countries.

The Summary of features & benefits of SVASTH+ is given below:

DIABETES : Based on Near Infrared (NIR) & PHOTODIODE-1550NM. Will monitor Blood Glucose [Diabetes] dynamically, and gives alerts for Hypoglycaemia and Hyperglycaemia

Heart Rate (pulse oximetry): checks any volatile Heart Rates, using the NIR+Red Led sensors. The HR detection is based on Photo phlethysmograph (PPG) method

SPO2 : Using NIR, the Oxygen Saturation level in the blood.

Heart Rate (ECG) : Heart rate is determined based on Electrocardiogram (ECG) signals using the sensor and electrodes placed on the chest.

Continuous Blood Pressure monitoring (BPM) : using the PPG HR rate and ECG HR rate, an algorithm to derive the Systolic and Diastolic has been developed.

Body Temperature : using the Temperature Sensor, the body temperature is detected on a continuous basis, any increase in temperature, triggers medical check up. Useful for children, and elders for taking swift action in case of Dengue, chikungunia etc.

Pedometer : Measures the walking counts, speed, calories burnt, to monitor the fitness of the user.

Alcohol Sensor : detects the level of Alcohol consumed by the user. Useful to detect drivers who drive after consuming Alcohol. Health hazards of Alcohol can be analysed through the device, which monitors health impacts.

Panic button & location tracking : Through GPRS, registered contacts can track the device users, for safety tracking

Buzzer helps to create alarms, in case of any theft, robbery, or misbehaviours, and can alert other citizens for help.

The device is useful to students, working women, old aged patients, pregnant women, Prediabetic and post diabetic, health conscious persons, drivers, specially disabled children etc.

Connects, doctors, hospitals, Ambulances, Nutrition experts, Diagnostic centres etc. With the patients.

SVASTH+ FUTURE PLANS :

The start-up company plans to introduce SVASTH+ as a smart health card or coin operated Machine, and will be kept in Airports, Bus stands, Hospitals, temples, Railway Stations, Village community centres. The Users can get the total health monitoring report instantly.

For details contact : 9845497950
FIRST NON-INVASIVE & CONTINUOUS HEALTH MONITORING AND SAFETY DEVICE

Features
- Make In India Initiative
- Affordable Health Monitoring device
- Non-Invasive
- Continuous monitoring
- Wearable device
- Alerts to Doctor, Registered mobiles
- Total Health Solution
- Bluetooth enabled
- Data stored in secured cloud

Monitors
- DIABETES
- HEART BEAT & PLUSE OXIMETRY
- SPO2
- BLOOD PRESSURE
- BODY TEMPERATURE
- FITNESS
- ALCOHOL CONSUMED

REDEFINING HEALTH & SAFETY MONITORING

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Skype ID: Jagannathan.gopalakrishnan65  www.aarmsgvaluechain.com

Mob: 9845497950
Rhinoplasty - Nose Reshaping
Acquire the Perfect Nose.

Humans are born with various types of noses, for example small nose, big nose, frog nose, broad nose, thick nose, long nose, crooked nose, parrot beak noses etc. One who is not satisfied with their nose shape, try to blame their parents or their fate. Having not satisfied with their nose, they go for depression. Even they are fed up with the friends and relatives for passing adverse comments or making fun of them.

Few people suffer with difficulty in breathing, headache, sinusitis, sleepless nights, difficulty in doing their routine work, in addition to their imperfect nose shape. For all the above mentioned problems, the best solution is to undergo Rhinoplasty. So with the Rhinoplasty one can get good shape to their nose, which will suit their face and improves their facial value. Rhinoplasty not only corrects birth defects, breathing problems, but also any nose deformity due to accidents / trauma. The ideal age to undergo Rhinoplasty is above 14 years for female and 16 years for male.

Rhinoplasty is a day care surgery, which needs four to five days rest. One can appreciate their final outcome by two to three months, once the swelling subsides.

People planning for Rhinoplasty will have their own doubts. Such as, how the new shape is going to be, whether it will be an attractive one, will it suit their face or will it get worse than the existing one. These queries can be better clarified with an experienced Cosmetic Surgeon. Rhinoplasty will definitely improve their self esteem and confidence.

In addition to Rhinoplasty various other surgeries will help to restore facial balance. It may be Dimple creation, Lip reduction or augmentation, Blepharoplasty, Chin implant, Fat grafting etc. These surgeries can be combined with the Rhinoplasty.

Other valuable services:
- Hair Transplantation
- Body contouring (Reshaping) surgeries (Post – Bariatric/Major weight Reduction)
- Facial Implants – Chin, Cheek
- Scar Management
- Cosmetic Genital Surgery (Male/Female) & Revirgination
- Blepharoplasty (Eyelid Surgery)
- Breast Augmentation / Reduction / Reconstruction
- Dimple creation
- Tattoo Removal
- Lip Enhancement/Reduction
- Obesity surgeries
- Liposuction
- Abdominoplasty
- Fat grafting
- Gynecomastia (Male Chest Reduction)
- Mommy Make over

Curls & Curves
Hair Transplantation & Cosmetic Surgery Centre

Dr. Girish A.C
MBBS, MS, MCh (Plastic Surgery)

Award Winner of “Bharath Jyothi” & “Most Promising Cosmetic Surgery Centre”

Main: Curls & Curves - Hair Transplantation & Cosmetic Surgery Centre, West of Chord Road, Near 17th Lights, Opp. Vartar Backery, Rajaji Nagar, Bangalore - 560010.
Branch : #150, 6th Cross, 1st floor, 60 Ft. Road, 5th Block, Opp. Apollo Cradle Hospital, Next to Juice Junction, Koramangala, Bangalore - 560096
CLEAN EATING

Eating right helps to maintain a healthy weight, affects mental and emotional health and also has a profound effect on your sense of wellbeing. Following an unhealthy diet may lead to mental health disorders or increased risk of depression and suicide in young people. Where as eating fresh fruits and home cooked meals reduces your intake of sugar and refined carbohydrates which may help to improve your mood and overall health. Eating healthy tips:

1. Choose whole, natural foods and seek to eliminate or minimise processed foods. Unprocessed foods like Fresh fruits and vegetables, Dried legumes, Nuts, Farm-fresh eggs. Minimally processed foods like unrefined grains, like whole wheat bread and pasta, popcorn, steel-cut oatmeal, quinoa, and brown rice, frozen fruits and vegetables, unprocessed meat; wild over pastured, pastured over grain-fed, hormone-free dairy and oils.

2. There are no ‘good’ or ‘bad’ foods, only good or bad diets. Don’t feel guilty about the foods you love, rather eat them in moderation and choose other foods to provide the balance and variety that are vital to good health.

3. Bulk up on fiber. Eating foods high in fiber can help you stay regular, lower your risk for heart disease, stroke, and diabetes, and help you lose weight.

4. Add calcium for bone health as your body uses calcium to build healthy bones and teeth, keep them strong as you age, send messages through the nervous system, and regulate the heart’s rhythm.

5. Enjoy healthy fat. While “bad” fats which can be found in processed foods, vegetable shortenings, margarines, crackers, candies, cookies, snack foods, fried foods, baked goods can increase your risk of certain diseases, “good” fats including Omega-3s, found in fatty fish such as salmon, herring, mackerel, anchovies, sardines, and some cold water fish oil supplements. Good vegetarian sources of polyunsaturated fats include flaxseed and walnuts are essential to physical and emotional health. Foods rich in certain omega-3 fats, for example, can reduce your risk of cardiovascular disease, improve your mood, and help prevent dementia.

6. World’s Healthiest Foods are the most nutrient dense foods, whole Foods, familiar foods

7. Choose foods in their purest state, such as a mango and do not select foods manipulated and processed beyond recognition, like diet mango juice drink.

8. Enjoy foods at their peak season, such as Mangoes in April.

9. Enjoy a colourful array of foods. Dark green, blue, red, yellow, orange, purple, and even white vegetables deliver a range of Phytochemicals for fighting inflammation and stopping invaders dead in their tracks to keep you healthy.

10. Choose unrefined over refined foods, you can up your intake of whole grains like brown rice, millet, amaranth, and quinoa. Beans and legumes are also important. Clean sugars include honey, maple syrup, and dehydrated sugar cane juice.

11. Sodium is another ingredient that is frequently added to food to improve taste, even though your body needs less than one gram of sodium a day (about half a teaspoon of table salt). Eating too much salt can cause high blood pressure and lead to an increased risk of stroke, heart disease, kidney disease, memory loss, and erectile dysfunction.

12. Include some protein, carbohydrate and fat at every meal. Most of us typically do well with carbohydrates and fat, but we often lack protein, especially in the early part of the day, like at breakfast and lunch. Protein is an important muscle-builder, and it can also help curb your appetite. When eaten throughout the day, it keeps us feeling full longer.

13. Eat five to six small meals throughout the day. This usually pans out into three main meals and two or three hefty snacks. Eating this way prevents you from skipping meals and overeating. It also keeps your blood sugar levels steady so energy doesn’t lag.

14. Get moving. Regular physical activity is a must for many reasons. Not only does it decrease fat, strengthen and build muscle, and help you burn more energy at rest, it keeps your heart, lungs, and bones healthy and strong. Maintain a healthy body weight and feel good.

◆ Shruthi J.P.
Nutritionists
shruthi.rightliving@gmail.com
Mob: 9535575444
Most of us are aware about dengue, as we see increasing number of people affected by it every year. Especially monsoon is a favorable season for dengue, as per national vector born diseases control program, Health ministry, Govt of India till July 28th of 2016, 15099 cases of dengue have been reported throughout India and 26 people have died. Last year 99913 cases were reported and 220 people have died.

In this write up few major aspects about dengue fever is explained through question and answers method so that it clarifies many doubts people have in their mind and also I feel proper awareness helps in prevention.

**What is Dengue? How it is caused?**

Dengue is a mosquito born viral disease caused by dengue virus (DEN 1, DEN 2, DEN 3 & DEN 4), dengue virus is transmitted by bite Aedes aegypti mosquito infected with dengue virus. The mosquito becomes infected when it bites a person with dengue virus in their blood. It can’t be spread directly from one person to another person.

Surprisingly same Aedes aegypti mosquito also transmits Chikangunya & Zika virus fevers in different circumstances.

**What are the symptoms of Dengue fever?**

- Sudden, high fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Fatigue
- Nausea
- Vomiting
- Skin rash which may be itchy or red spots can appears 2-5 days after the onset of fever
- Mild bleeding (petechiae-tiny bleeding spots, positive tourniquet test).
- Leucopenia (Low white blood cell count)

The symptoms may last for 1-3 weeks with complete recovery but in some individuals

**Complications can develop they are—**

Denguehemorrhagicfever (DHF)—characterized by high fever, damage to blood vessels which leads
to bleeding from nose, gums, enlargement of liver, reduction in Platelet count (thrombocytopenia). This is commonly seen in children below 15 years of age, though it can occur in adults also.

**Dengue shock syndrome (DSS)**—characterized by severe abdominal pain, heavy bleeding, hypotension (drop in blood pressure), cold skin and restlessness. If not treated quickly it can cause death.

◆ **Why platelet count goes down in Dengue?**

The normal platelet cell (Thrombocytes) count in our blood is 1.5 L to 4.5 L per micro liter of blood, if the count increases more than 4.5 L it is known as **Thymbocytosis** and if the count becomes lower than 1.5 L it is **Thrombocytopenia**.

In dengue the platelet count becomes low mainly due to 2 causes

- Bone marrow suppression i.e. hypo functioning of bone marrow which is supposed to manufacture blood cells like Red blood cells, White blood cells, Platelets etc.
- Dengue virus gets attached with platelets & in response to this our immune system produces antibodies to kill the virus (IgM, IgG) which when attack the virus, along the virus even platelets also are destroyed. This platelet count comes down due to decreased production (1) and excessive destruction (2). As platelets help in clotting of blood during any hemorrhage (bleeding) the decrease in their number increases the chances of bleeding.

◆ **What are the ‘Do s and don’t s for Dengue patients**

◆ **What to do**

- Complete bed rest
- Adequate intake of fluids (water, Milk, soup, juice,) to avoid dehydration
- Keep body temperature under control
- Immediately to consult a doctor if the following symptoms are present.
  - **Rashes or Red spots on the skin**
  - **Bleeding from nose, gums**
  - **Persistent vomiting/vomiting of blood**
  - **Blood mixed stools (black stools)**
  - **Severe abdominal pain**
  - **Constant crying (children)**
  - **Sleepiness**
  - **Cold skin & excessive thirst.**

◆ **What not to do**

- **Avoid self medication, don’t wait if above symptoms appear; quickly consult a doctor it can save you from complications.**
- **Avoid taking Aspirin, Ibubrufen or Brufen as these can cause bleeding.**

◆ **How to Prevent Dengue?**

In general proper awareness about the disease, adopting hygienic measures (personal & environmental) & adopting a healthy life style can protect us from Dengue.

Aedes aegypti mosquito is more active during day, so chances of getting bitten is more in the day time but it can also bite in the night.

Following are the specific measures to prevent Dengue:

- Keeping our house/office & surrounding clean & hygienic
- Use of mosquito repellents and mosquito net while sleeping.
- Keep the doors & windows of your house closed in the evening to avoid entry of mosquitoes.
- Wear protective clothing like long sleeve-shirt, long pants, socks and shoes
- In monsoon viral diseases are very common, we need to strengthen our immune system by consuming citrus fruits, turmeric, zinger, garlic, decoction of all such herbs helps us to remain healthy.
- Measures to prevent mosquito breeding
  - **Avoid water stagnating in flower pots, unused utensils, coconut shells etc**
  - **Prevent clogging of drainages, keep them clean.**
  - **Remove water from coolers, defrost tray of refrigerators and any such water containers at least once a week.**
  - **Water tanks and aquariums should be closed properly.**
  - **Keep the surrounding places clean.**
  - **Proper segregation of house hold waste is a must.**

◆ **How is Dengue Treated?**

As of now there is no vaccine developed to prevent dengue. It is been treated symptomatically, Paracetamol is prescribed to bring down pain and fever. In case platelet count drops down and other complications develop hospitalization in must & blood transfusion is done.

Consumption of juice prepared from papaya leaves, consumption of kiwi fruit is reported to have benefits in Dengue, and it should be done in consultation with doctor.

◆ **What is the role of Homeopathy in treatment of Dengue?**

Homeopathy can play a major role in following ways

- Prevention of dengue through preventive medicines
- Treatment of dengue cases.
- There are effective homeo medicines to treat complaints like joint pains, arthritis, joint swelling, low platelet count, weakness, loss of appetite etc which remain even after Dengue fever is gone.
India is always known for its spices and India is otherwise known as “home of spices”. Spices are not only used to make food tasty and colourful but also provides infinite health benefits. There are more than 50 spices grown in different parts of India. Spices are derived from different parts of plant like leaf - curry leaves, buds - cloves, seeds - poppy seeds, berry - black pepper, bark - cinnamon, root - ginger etc..

**List of spices with their benefits:**

<table>
<thead>
<tr>
<th>Sl No.</th>
<th>Spices</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Cinnamon</td>
<td>It helps in producing insulin naturally and gradually reduces blood cholesterol.</td>
</tr>
<tr>
<td>2.</td>
<td>Cardamom</td>
<td>Whole cardamom is good for coping with diabetes. Helps in controlling bad health and digestive disorders.</td>
</tr>
<tr>
<td>3.</td>
<td>Clove</td>
<td>Good for sore gums, tooth ache, chest pain, fever. Helps in controlling bad breath and digestive disorders.</td>
</tr>
<tr>
<td>4.</td>
<td>Bay leaf</td>
<td>It has anti-fungal and anti-bacterial properties.</td>
</tr>
<tr>
<td>5.</td>
<td>Nutmeg</td>
<td>It benefits in the treatment of asthma, heart problem and bad breath.</td>
</tr>
<tr>
<td>6.</td>
<td>Star Anise</td>
<td>Its oil is good for rheumatism, good for digestion and bad breath.</td>
</tr>
<tr>
<td>7.</td>
<td>Turmeric</td>
<td>Deals with skin problem, healing wounds and helps in coping with diabetes.</td>
</tr>
<tr>
<td>8.</td>
<td>Asafoetida</td>
<td>Helps with whooping cough and stomach ache caused due to acidity.</td>
</tr>
<tr>
<td>10.</td>
<td>Black pepper</td>
<td>Helps with cold, cough and infections. It also helps to deal with muscle pain and digestive problem.</td>
</tr>
<tr>
<td>11.</td>
<td>Cumin seeds</td>
<td>It helps your overall immune system to be healthy.</td>
</tr>
<tr>
<td>12.</td>
<td>Fennel seeds</td>
<td>It is loaded with powerful antioxidants, boosts immune system, reduces blood pressure and aids in detoxification.</td>
</tr>
<tr>
<td>13.</td>
<td>Coriander</td>
<td>It helps in coping with soar throat, allergies, digestive problem, hay fever.</td>
</tr>
<tr>
<td>14.</td>
<td>Fenugreek</td>
<td>Lowers cholesterol, trees diabetes and helps increase great milk by increasing progesterone hormone.</td>
</tr>
<tr>
<td>15.</td>
<td>Curry leaves</td>
<td>Reduces blood sugar. Good for reducing blood cholesterol. good for your hair growth and eyesight.</td>
</tr>
<tr>
<td>16.</td>
<td>Mustard</td>
<td>Mustard oil is good for hair and body massage.</td>
</tr>
<tr>
<td>17.</td>
<td>Ginger</td>
<td>Avoids digestive problem. Helps in coping with cold and cough</td>
</tr>
<tr>
<td>18.</td>
<td>Garlic</td>
<td>It has antibiotic property. It helps in coping withhold and cough</td>
</tr>
<tr>
<td>19.</td>
<td>Saffron</td>
<td>Helps to cope with skin problems. Remedy for cough, cold and asthma.</td>
</tr>
</tbody>
</table>
An Ayurveda Treatment for Genital Herpes

According to Charakaacharya the herpes which is limited to skin and underlying tissues (bahya margashrita) can be treated. The herpes which affects skin, blood and lymph can be treated successfully. But the herpes which involves the internal organs (abhyantara margashrita) like brain cannot be treated. But before knowing about the treatment a brief introduction about causes, symptoms and precipitating factors for herpes, as described in ayurveda are given here.

Pathology: When a person indulges in above mentioned activities the three doshas of body Vata (the element which controls nerves, neurons and related physiology), Pitta (the element which regulates and controls the body and cell metabolism. Also present in skin) and and Kapha (the element which binds the tissues and gives strength to body) get imbalanced. The imbalanced doshas vitiate or spoil

Causes for Decreased Libido (according to charaka)
- Blood ( rakta)
- Lymph ( lasika)
- Skin (twacha)
- Muscle (mamsa)
- Treatment (according to ayurveda)

Balancing Imbalanced Doshas and Vitiated Tissues: When body is suffering from a disease the balance between three doshas will be disturbed. The first step of treatment is to balance doshas. This is achieved by administering medicines which balance the vitiated doshas of the disease. In genital herpes all three doshas get imbalanced and vitiate skin, blood and lymph.

The skin, blood and lymph are purified through herbal preparations which metabolize the toxin AAMA accumulated in blood and lymph formed due to imbalanced doshas. The herbal preparations detoxify blood and lymph and expel the toxins and vitiated doshas from blood and lymph. When blood and lymph get purified the skin and underlying tissues also get rejuvenated. This reduces the inflammation, burning and tingling sensation. Clinical trials have shown that after the administration of these preparations the frequency of attacks are reduced considerably.

Boosting Body Immunity and Rejuvenation of Body: According to ayurveda a disease not only affects a particular organ but affects the whole body. Hence the treatment is given to the entire body. After balancing doshas of the body, the body should be rejuvenated. By rejuvenation the body immunity gets boosted to fight any recurrent attacks of diseases. Many ayurveda preparations are available for body rejuvenation when body is suffering from herpes.

The body immunity is boosted using Rasayanas. Rasayanas are specifically mentioned as herbal preparations which give body a strength to resist diseases. Rasayana preparations balance vitiated doshas in skin and blood. When vitiated doshas of skin are balanced the frequency of attacks reduces. The duration between the attacks are extended considerably. These preparations also boost the body immunity and also rejuvenate the body tissues by nourishing the body.

Local Treatment for Affected Skin Parts: Along with the process of balancing doshas and rejuvenation of body, the treatment to the particular organ which is mainly affected by the disease should be treated. This is called local treatment (sthanika chikitsa). In genital herpes this is achieved through local application of herbal paste, washing the affected area with herbal decoction etc.

Rejuvenation of the affected local skin is achieved through local application of herbal pastes. These preparations rejuvenate the skin and restores the structure -color of skin. These preparations also reduce local inflammation of the skin and skin gets a very good resistance to subsequent attacks. The tenderness of the skin vanishes and skin discoloration fades to get back the natural color.

Diet and Lifestyle Modifications: These helps to rejuvenate body and mind thereby increasing resistance to attacks. These modifications also reduce frequency of attacks by controlling precipitating factors like mental stress and emotions.

Present Views on Genital Herpes And Ayurveda Treatment: According to modern medical science at present there are no medicines for Genital Herpes. And the precipitating factors for Genital herpes are
- Illness
- Stress
- Poor diet
- Immune disorders
- Friction
- Sunburn
- Physical trauma
- Surgery
- Menstruation
- Sex

Of eleven reasons mentioned above the first five can be definitely avoided by adopting ayurveda treatment methods.

- Illness: Falling ill frequently is mainly due to decreased immunity of body. Due to decreased immunity body can not resist the diseases. Many ayurvedic preparations which are called as Rasayanas are specially formulated by our ancient sages to boost the body immunity.
- Stress: Stress is efficiently managed through YOGA and MEDITATION.
- Poor Diet: The nutritional deficiencies due to poor diet are effectively compensated by Ayurvedic herbal Rasayanas.
- Immune Disorders: The immune disorders can be effectively controlled with Ayurveda herbal rasayana preparations.
- Friction: In genital herpes the skin of affected part of genital organ will be very sensitive. Even a little friction during intercourse cause injury to that part. The sensitivity of the affected skin to friction can be reduced by applying herbal pastes locally. These herbs work wonders on affected parts of skin by rejuvenating skin cells to resist the frictional force.

A Complete Treatment: According to ayurveda treatment of genital herpes will be successful when all the above mentioned treatment methods are adopted.
For a better healthy and happy life, we have to make certain promises for our life plan, after knowing various health inter-connected activities taking place in the world during September 2016. Let us have a bird’s eye view of all these activities, and then observe the interconnection and interdependence of these issues, for the benefit of all of us. As per the blessings of our forefathers, ancestors and religious inscriptions, they bless us and wish us a full life of 100 years” – shathamnam bhavati, Shatayuh purushah, Shatendriyah aayu shheyevendriye, pratitiShthati. But if we are not wise, if we are very emotional, very hasty in decision, cannot face love failure, job failure, any other disappointments, and if we are very short tempered, there is tendency that, we may always take a very wrong decision. Some of us may think of committing suicide. But if you read and know about global thought and action, get enlightenment, by information about world anti suicide day, I am very sure, you will never take such a decision. The International Association for Suicide Prevention (IASP), collaborates with the World Health Organisation and the World Federation of Mental Health, to host world suicide prevention day. As of 2011, an estimated one million people per year die by suicide or a death every 40 seconds or about 3000 every day. The suicide has a no of complex, interrelated and underlying contributing factors – that can contribute to the feelings of pair and hopelessness. According to WH.O there are 20 people, who have failed suicide attempt, for everyone that is successful. Suicide is the most common cause of death for people aged 15-24. More people die from suicide, than from murder and war. It is the 13th leading cause of death worldwide. Brain Mishara IASP president noted that, “more people kill themselves, than die in all wars, terrorist acts and personal violence combined. The no of people who die by suicide, is expected to reach 1.5 million per year by 2020. It is observed that except in china, in the world more men commit suicide as compared to women. Social connectedness reduces the risk of suicide. So being there for some one, who has become disconnected, can be life saving. To lead happy and healthy life, we must inhale oxygen and be away as far as possible from pollution. It is our responsibility, to keep our environment and atmosphere very clean, without contributing pollution. We must understand the importance of ozone layer in this background. The ozone layer is a layer in earth’s atmosphere, which absorbs most of the sun’s ultra violet radiation. Earth’s sunscreen is called ozone. The ozone layer absorbs 97-99% of the sun’s medium frequency ultra violet light, which otherwise would potentially damage exposed life forms on earth. Ozone depletion describes 2 distinct, but related phenomena, observed from 1970’s 1) A steady decline of about 4-1 per decade, in the total volume of ozone, in the earth’s stratosphere and 2) a much larger springtime decrease in stratospheric ozone over earth’s polar regions. The 2nd is called as the ozone hole. In 1987 nations signed the Montreal Protocol of substances that deplete the ozone layer. This protocol bans the production of CFCs, halons, chemicals such as, carbon tetrachloride and trichloroethane. It is suspected that, we may face increase in skin cancer, cataracts, damages to plants and redaction of plankton populations in the ocean’s photic zone may result from the above problem.

Let us not loose, our heart. If every one of us try to avoid our contribution to this problem, it would be a strong barricade against further deterioration. In this regard we have to care a little more, about our individual hearts.
Remember this year’s world heart day on 29th September, which is the biggest platform of world heart federation, for raising awareness about cardio vascular disease. Let us understand, what we can do to fuel our hearts and power our lives. Our heart is the heart of our health. It is very easy to give it the care, it deserves. We have to just follow a few simple steps, such as eating more healthily, by avoiding alcohol and smoking. Let me wish all my reader friends, a very happy world heart day and suggest them to take selfie and send it website of world heart federation. It will be shown on this website, wall of selfies and via social media. on that day, all our friends may quit smoking, start exercising and start eating healthy food. Let us decrease consumption of salt, sugar and oil. The world heart federation as found that heart disease and strokes, are the world’s leading cause of death, killing 17.1 million people, every year; that is more than victims of cancer, HIV, AIDS and malaria. Let us avoid overeating, unhealthy diets. Lack of exercise, high blood pressure, cholesterol and glucose levels are all factors, which can trigger heart disease and threaten our own lives and those of loved ones. If all of our organs are working normally; we must think that, we have been blessed and thank God all of our organs are working normally, we must think that, we have been blessed and thank God.

We have been narrating this, on the occasion of world deaf day on 28th September this year: the purpose of this celebration is, to draw the attention of general public, politicians, government and development authorities, towards the achievements of the deaf people, as well as deaf people community. objectives of this day are as follows.

- To promote understanding among common people, about the problems of deaf people in the community all over the world.
- To motivate deaf people, to learn sign language, as an essential human right
- To make available the required resources in the community, for deaf people
- To promote the deaf people, human rights about equal access to the education and modern technologies
- Better education for deaf people.
- Improve access to information and services. The world federation of deaf claims to represent, 70 million deaf people world wide, of which more than 80 percent live in developing countries.

May I request you, to look at health from the other angle. We may be sick. As we crave for health care, good and patient nursing, as we expect love and affection from members of family and friends, other sick patients may similarly, expect. That is why world rose day towards welfare of cancer patients Is celebrated on 22nd September, every year. Rose day is observed to give hope to, all cancer patients, that they can face this disease, with strong will power and spirit. Alertness about cancer is important, not only for supporting patients, but also for preventing it.

Rose day brings us, the memory of 12 years old Melinda rose from Canada, who was diagnosed with Askins tumor, a rare form of blood cancer. Doctors predicted that she can only survive for a few weeks. But with her determination, she lived six months more. Till she lived, she made other cancer patients and their caretakers, to smile, with her letters, poems and emails. Can we develop such a kind of love and support towards disturbed and needy patients? The next point to be noted is, care about pet animals. I have seen people, hug, kiss, sleep on bed, with their pet animals such as dogs, cats and soon. We neglect the fact that, fluids leaking from their mouth, their stools, their urine, their biting with teeth and scratching by their Nails - are all dangerous to our health and life. Especially If you do not protect your dogs, by timely vaccinations, if you do not tie it at your home and allow it to wander in streets, it may be infected by dogs on the street with rabies. You may be shocked to know that effect of Rabies will start late. Person affected by rabies will act like a dog, move and eat like a dog, afraid of water; and without any medicine he will suffer and die. That is why we have to take a lot of care about rabies infection over 99% of all human deaths that are caused by infected dogs, usually occur in Africa and Asia. On 25th September, world Rabies day is being celebrated every year: Rabies remain a major concern worldwide, killing more than 55000 people, every year. educate, vaccinate and eliminate is the theme for 2016.
The lining of the uterus is called the endometrium. Sometimes, tissue like that which normally lines the inside of the uterus grows elsewhere in the body. When this happens it is called endometriosis. Endometriosis can cause pain before and during the menstrual period. For some women, the pain is mild. For others, it can be severe. Severe endometriosis also may lead to infertility.

- This article will explain:
  - The symptoms of endometriosis
  - How it is diagnosed.
  - How it may be treated

**The Endometrium**

The lining of the uterus responds to changes that take place during a woman’s monthly menstrual cycle. The cycle often is about 28 days. First, the endometrium grows and thickens to prepare for a possible pregnancy. If pregnancy does not occur, the endometrium then thins and is shed by bleeding. These changes are triggered by hormones (estrogen and progesterone) made by the ovaries.

**What Is Endometriosis?**

With endometriosis, tissue like the endometrium is found in other areas in the body. It looks and acts like tissue in the uterus. It most often appears in places within the pelvis:
- Ovaries, Fallopian tubes, Surface of the uterus, Cul-de-sac (the space behind the uterus), Bowel, Bladder and ureters, Rectum

Endometrial tissue may attach to organs in the pelvis or to the peritoneum. It also may be found in other parts of the body. This is very rare, though. Endometrial tissue that grows in the ovaries may cause a cyst (also known as an endometrioma) to form. Endometrial tissue outside the uterus responds to changes in hormones. It also breaks down and bleeds like the lining of the uterus during the menstrual cycle. This bleeding can cause pain, especially before and during your period.

The breakdown and bleeding of this tissue each month also can cause scar tissue, called adhesions. Sometimes adhesions bind organs together. Adhesions also can cause pain.

The symptoms of endometriosis often worsen over time. In many cases, treatment may help keep the condition from getting worse.

**Who Is at Risk?**

Endometriosis is most common in women in their 30s and 40s, but it can occur any time in women who menstruate. Endometriosis occurs more often in women who have never had children. Women with a mother, sister, or daughter who have had endometriosis also are more likely to have it. Endometriosis is found in about three quarters of the women who have chronic pelvic pain.

**Symptoms**

The main symptom of endometriosis is pelvic pain.
Facilities Available

- 3D Laparoscopic Surgeries
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WE JUST DONT TREAT : WE TEACH HOW TO LIVE WITH DIABETES & HEART CARE
Healthy heart for life

Heart is the seat of emotions especially love & devotion. It is the central place for life & existence. It’s just a hollow muscular organ located behind the sternum that pumps blood through blood vessels by repeated rhythmic contractions which supplies blood with oxygen & nutrients. Coronary arteries are vessels that supply the blood to the heart muscles. Heart block or decreased blood supply to arteries leads to Coronary Heart Disease (CHD).

◆ CAD (Coronary Artery Disease) what goes wrong?

The symptoms seen due to coronary ‘blocks’ are generally Chest pain technically known as (Angina Pectoris), heart attack (Myocardial Infarction), reduced pumping (Heart Failure) and may be sudden death due to cardiac arrest.

◆ Risk factors for heart attack
  ● Heart attack is likely to affect if:
    ○ One is a Smoker
    ○ Is overweight
    ○ Has high blood pressure
    ○ Has diabetes
    ○ Has high blood cholesterol
    ○ A close relative has suffered heart attack
  Are you at risk? Then a thorough screening for Coronary Heart Disease could help.

◆ Symptoms of a heart attack
  ● Central crushing chest pain
  ● Heavy sweating
  ● Nausea and/or vomiting
  ● Dizziness
  ● Cold, clammy feeling hands
  ● Palpitations

◆ Steps for prevention of heart attack
  ● Smoking cessation
  ● Blood pressure control
  ● Good Blood sugar control
  ● Weight management
  ● Achieve recommended lipid levels
  ● Regular Exercise / Diet / De-stress

◆ Smoking & Heart
  ● Carbon monoxide in tobacco smoke reduces ability of blood to carry oxygen
  ● Within 1 min of starting to smoke, pulse rate begins to rise
  ● Pulse may rise by 30% during 1st 10min of smoking
  ● Smoking causes increased BP
  ● Smoking increases blood cholesterol levels

◆ Risks of Smoking
  ◆ A smoker has 3 times the risk of having a heart attack than a non-smoker
  ◆ Study from 21 countries showed that people < 40 years have 5 times greater risk of heart attack if they smoked
  ◆ Even light smokers are at increased risk of CHD
  ◆ A large Danish study showed that passive smokers are at risk
  ◆ Passive smoking is more dangerous for women than men

◆ Benefits of Smoking cessation
  ◆ Smoking cessation reduces risk of heart attack
  ◆ This is particularly important for those with high BP, high cholesterol levels, obesity or diabetes
  ◆ Within 5 yrs of giving up, risk is reduced almost to that of a non-smoker
  ◆ Giving up smoking after a heart attack can reduce the chance of a recurrence by 50%
101 health tips

These tips will increase your well-being and productivity by keeping you healthier and relaxed

61. Change your tooth brush every 2-3 months when the bristles are worn out or bent for oral hygiene and proper dental care. It’s better to change it also after you have had a cold.
62. Take one spoon of tulsi juice mixed with honey on empty stomach every day. It reduces the risk of heart disease, chest pain and keeps cholesterol in check.
63. To relieve from cough, mix a pinch of salt and two pinches of turmeric powder to one glass of warm water and gargle.
64. Never brush your teeth immediately after meals, since the acid in the food can cause the tooth enamel to soften and brushing immediately can scratch the surface of the tooth.
65. Watermelon is a seasonal fruit. It is extremely good, since it contains 92% water, no fat or cholesterol and a good source of vitamin A.
66. A group study showed that eating garlic slows down 60% of plaque deposition in the heart. It also strengthens the immune system.
67. According to a recent research found by Donald K Layman Ph.D a Professor of nutrition at the University of Illinois - women can feel more energetic by increasing the amount of protein and by reducing the quantity of carbohydrate in their diet.
68. To treat prostate cancer (or even prevent) eat onion, apple and tea (rich sources of quercetin) which blocks the hormones that trigger the growth of prostate cancer cells.
69. Drink herbal teas like ginger or green tea which can reduce acid-related symptoms.
70. If you are on your feet for a reasonably long time or wearing new pair of shoes, apply Vaseline to the parts of the feet which are prone to blisters.
71. Having a daily serving of citrus fruits like orange, lemon, mosambi will reduce the risk of mouth, throat and stomach cancer.
72. A recent study revealed that antioxidant chemical sulforaphane, found in broccoli, can protect human eye cells from the UV rays. Eat a minimum of 2 to 3 servings of broccoli per week.
73. Some good herbal sources for treating diarrhea are raspberry leaf, tea and lotus seeds.
74. As per study, two cups of coffee stimulates you to focus better. On the other hand four or more cups can cause a diminished ability to concentrate,
75. The findings of Pennsylvania State University: Having an appetizer in the form of different forms of vegetables soup has multiple benefits of lots of fibre in them, fills up the stomach and lessens the intake of main course.
76. A Japanese study has disclosed that by consuming 13 and more grams of unprocessed cocoa powder daily, for four consecutive weeks anyone can increase good cholesterol (HDL) and decrease bad cholesterol. They also pointed that intake of foods high in polyphenols, such as cocoa, tea, fruits and vegetables decreases the occurrence of blocked arteries.
77. According to the research conducted by the Academy of General Dentistry, US - vitamin C binds all our cells together. So it is essential for your skin also for the health of your gum tissue.
78. 11 minutes per day of stair-climbing claims to improve heart health and is the easiest way to b
79. urn 100 calories per day - University of South Carolina Aiken.
80. Get rid of backache problem by preparing a warm paste of turmeric (haldi) and ginger and applying it on to the affected area. Moreover, massaging eucalyptus oil is also beneficial.
81. Walking barefoot on clean ground tones the muscles of the soles of the foot and keep them young. The beauty of smooth skin lies in your
83. Some Chinese scientists of China Normal University have come out with a conclusion that pumpkin extract is a potential relief from diabetes and it could also reduce the dosage of insulin they are required to take.

84. While traveling, do some deep breathing exercise to fight stress, anxiety and keep yourself relaxed.

85. If you are an ardent book-lover, then it shields your brain from aging - opinion given by Baltimore’s Centre for occupational and Environmental Neurology. There are of the view that bookworms develop a brain power reservoir that protects one from aging and 50% less chances of attacked with Alzheimer’s disease.

86. Research at the Loma Linda University, US found that daily intake of 60ml pomegranate juice helps lessen 50% of brain degeneration. Even diabetics who drank about 60 ml of pomegranate juice everyday for three months kept their bodies from absorbing bad cholesterol and protected their arteries.

87. Taking adequate quantity of calcium along with vitamin D increases bone density and decrease possibility of fractures.

88. To remove the chances of liver damage, don’t take high doses of vitamin pills unless prescribed by a medical practitioner.

89. According to a study by University of California one hour of yoga done for eight weeks increases muscular strength and body flexibility.

90. Working out for 15 minutes a day may be effective cure for achy joints. Regular activity increases circulation and keep joints lubricated. For best results, try out 30 to 45 minutes work out in any form of physical activity.

91. When you use glasses or sunglasses, ensure you clean them daily to avoid oil from clogging the pores around your eyes and nose.

92. A common mistake people do while gyming is not to drink water unless really thirsty. You may be already on your way to dehydration, keep one water bottle handy.

93. Bitter gourd juice is a diuretic, it relieves the burning in the kidneys.

94. Your brain needs water to function at optimum level. So drink water at periodical intervals specially when you feel are stressed lethargic or need an instant mental boost.

95. Apply warm ginger paste with turmeric to the affected area two times a day to relieve from muscle strain. Pineapple has been known to strengthen bones and ward away cold.

96. Try to add more fibre to your diet. A high-fibre diet is known to flush out and improve the conditions of cholesterol. Never cook in extra - virgin oil. Use it only for salad dressings and light sauteing. Pomace-olive oil is to be used for cooking instead.

97. Research revealed that jogging regularly particularly in the morning helps people to counteracts depression.

98. As per the study of University College, London: A good and refreshing cup of black tea has the effect of reducing stress levels and makes you feel relaxed.

99. To prevent constipation and control blood sugar, eat beans as regularly as possible.

100. According to the studies conducted by Columbia University, US, turmeric (haldi) used in curries helps to control diabetes and it reduces inflammation and heals wounds.

101. While selecting fruits and vegetables, buy fresh and normal or slightly smaller ones. As the size increases, their productivity (vitamins, minerals, etc. significantly decreases.

◆ Why should one keep the Blood Pressure under control?
BP under control helps reduce Heart disease risk, reduce risk of strokes & brain hemorrhage and also reduce risk of kidney failure. An ideal BP is always less than 135/85 mmHg and the diabetics should aim to keep it as low as 110/70.

◆ How can one keep the Blood Pressure under control?
This can be smartly achieved by a conscious effort to restrict salt intake, maintain weight under control, cut-down on alcohol, aerobic exercises, stress management and using medication as advised by doctors

◆ Diabetes & Heart
The statistics reveal that 1 in every 7 Indians have diabetes and 30% of all heart disease patients have diabetes. Heart disease in diabetes occurs at a younger age, is more extensive & is more difficult to treat. Good control of diabetes is essential to prevent onset & progress of coronary heart disease.

◆ Importance of Cholesterol Profile
Monitoring the cholesterol level tells about the chance of developing blocks and also reduction of cholesterol levels, if high, is an excellent method of reducing risk of heart attack.

◆ Ideal cholesterol levels are:
Total cholesterol : <200mg/dL
LDL cholesterol :< 130mg/dL
Heart disease :< 100mg/dL
Cholesterol control can be achieved through a good diet, exercise and medicines.

◆ Tips for a heart-healthy diet
- Use nonstick pans.
- Bake, boil, steam or grill foods instead of frying them.
- Try low-fat snacks that have been baked instead of fried.
- Eat fewer “fast foods” (burgers, fried foods), which are high in fat. Instead, eat more fruits, vegetables and carbohydrates (rice, pasta, breads).
- Drink low-calorie beverages.
- Eat less fat (esp, ghee, butter, coconut/palm oil, cream, animal fats).
- Choose low-fat dairy products, such as skimmed milk, and low-fat cheese.
- Try to limit how many sweets you eat.
- Avoid or restrict egg yolk.
- Buy lean cuts of meat, and eat fish, skinless chicken and turkey.
Each of us has two kidneys. The kidneys are bean-shaped and about the size of a fist. They are located on either sides of the spine just below the ribcage. The main function of the kidneys is to filter the extra water and waste products from the blood and make urine. They also help in keeping blood pressure under control and keeping bones healthy. They make certain hormones that our body needs to stay healthy.

Kidney Diseases

There are two major types of kidney disease, namely acute and chronic kidney disease. The acute variety is due to various causes like drugs, infections, dehydration, radio contrast injections etc. The acute kidney injury or failure is curable. Some may need dialysis support for a short period before recovery.

Chronic kidney Disease (CKD) is one in which the kidneys are damaged slowly and irreversibly. As a result the kidneys are not able to do their job. Waste and water builds up in the blood. This is very harmful to the body and makes the person unwell.

Chronic kidney Disease (CKD) - An Impending Socio-economic Catastrophe

It is estimated that 20 million people are suffering from CKD worldwide. Above one million patients are being treated for End State Kidney Disease (ESRD) with dialysis or transplantation. The incidence of CKD is increasing rapidly. The cost of treatment for ESRD. For the rest it is either not available or prohibitively high in India only about 5% of the patients get some form of treatment for ESRD for the rest it is either not available or prohibitively costly.

Chronic Kidney Disease (CKD) is a silent disease!

There are no symptoms in the early stages of the disease. Symptoms occur only in the late stages of the disease. Early detection of CKD is possible only by testing the blood and urine. The following are some of the symptoms of kidney disease:

- Getting tired easily
- Poor appetite
- Sleep Disturbances
- Swelling of feet and ankles
- Early Morning puffiness around the eyes
- Frequent urination, especially at night

CKD is not curable!

There is no cure for chronic kidney disease. It slowly gets worse over time. Kidney disease can turn into kidney failure (End Stage Kidney Disease). At this stage the only treatment options available are DIALYSIS AND KIDNEY TRANSPLANTATION.

Diabetes is the most common cause of CKD

Diabetes is a very common ailment now. An estimated 177 million people have diabetes worldwide. It is predicted that by the year 2030, 360 million people would be suffering from diabetes worldwide. About 40% of the diabetics are likely to develop kidney disease. This makes diabetes the most common cause of CKD. India is all set to become the World capital for diabetes. High blood pressure, hereditary diseases like polycystic kidney diseases, kidney stones and urinary infections are some of the other cases of chronic kidney diseases.

Early Detection of kidney Disease Helps

If detected early, right treatment can prevent further damage and slow down the progression of kidney disease. Prompt treatment with medications like ANGIOTENSIN CONVERTING ENZYME inhibitors or ANGIOTENSIN RECEPTOR BLOCKERS and other measures including diet and lifestyle modifications can keep the kidneys healthy for a longer period of time.

Only those at risk need to get screened periodically!

The risk factors for chronic kidney disease are:

- Diabetes
- High blood pressure
• A close family member suffering from kidney failure
• Age over 50 years
• Having heart disease
◆ Take the First Step
If you have one of the risk factors it is worthwhile to get screened for kidney disease with blood and urine tests.
◆ Tips to keep kidneys healthy
• Get blood and urine checked for kidney disease if at risk
• Diabetic patients need to get their kidney tests done at least once a year
• Keep blood pressure below 130/80
• Keep diabetes under control
• (HbA1C<7%, Fasting sugar 70-120 mg/dl and 2 hours after food sugar< 180 mg/dl)
• Keep cholesterol levels in the target range
• Take medicines as prescribed
• Eat healthy and cut back on salt.
• Quit Smoking
• Be physically active
• Maintain healthy body weight
◆ The Kidney Tests
• Serum creatinine level and eGFR estimation
• Urine for albumin
◆ Know your kidney Number.
GLOMERULAR FILTRATION RATE (GFR)
GFR stands for Glomerular Filtration Rate. GFR measures how much blood your kidneys filter each minute. It is reported as a number. It is calculated from the blood creatinine levels.
• GFR of 60 or higher is in normal range.
• GFR below 60 may mean you have kidney disease
• GFR of 15 or lower may mean kidney failure.
◆ Urine albumin test
Urine test detects protein or albumin. Albumin does not pass through a healthy kidney into the urine. If kidneys are damaged, albumin can pass into the urine, One cannot see or feel albumin in urine. So urine test is very important to detect kidney disease.

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other causes of pelvic pain can be ruled out, your doctor may treat endometriosis without doing any further exams or surgery. Endometriosis can be mild, moderate, or severe. The extent of the disease can be confirmed by looking directly inside the body. This can be done by laparoscopy (see figure).

Sometimes a small amount of tissue is removed during the procedure. This is called a biopsy. The tissue then will be studied in a lab. You will be given pain relief for these procedures, Endometriosis also can be treated during a laparoscopy. If endometrial tissue is found during the laparoscopy, your doctor may decide to remove it right away.

◆ Treatment

Treatment for endometriosis depends on the extent of the disease, your symptoms, and whether you want to have children. It may be treated with medication, surgery, or both. Although treatments may relieve pain and infertility for a time, symptoms may come back after treatment.

◆ Medications

In some cases of endometriosis, medications or NSAIDs (nonsteroidal anti-inflammatory drugs) may be used to relieve pain. These drugs will not treat any other symptoms of endometriosis.

Hormones also may be used to relieve pain. The hormones also may help slow the growth of the endometrial tissue and may prevent the growth of new adhesions. It will not make them go away, though. Hormone treatment is designed to stop the ovaries from releasing hormones. The hormones most often prescribed include:

- Oral contraceptives
- Gonadotropin-releasing hormone (GnRH) medicines
- Progestin
- Danazol

These medications are not for all women. As with most medications, there are some side effects linked to hormone treatment. Some women may find the relief of pain is worth the side effects. These medications do not relieve pain in all women.

Oral contraceptives: Birth control pills often are prescribed to treat symptoms of endometriosis. The hormone in them helps keep the menstrual period regular, lighter, and shorter and can relieve pain. Your doctor may prescribe the pill in a way that prevents you from having periods.

Gonadotropin-releasing hormone. GnRH is a hormone that helps control the menstrual cycle. GnRH agonists are drugs that are much like human GnRH but many times stronger than the natural substance. They lower estrogen levels by turning off the ovaries. This causes a short-term condition that is much like menopause.

GnRH can be given as a shot, an implant, or nasal spray. In most cases, endometriosis shrinks and pain is relieved with GnRH use. Side effects in women taking this medication may include:

- Hot flushes
- Headaches
- Vaginal dryness
- Thin bones

Treatment with GnRH most often lasts at least 3 months. To help reduce the amount of bone loss from long-term use, your doctor may prescribe certain hormones or medications to take along with GnRH agonists. In many cases, this therapy also may reduce other side effects. After stopping GnRH treatment, you will have periods again in about 6-10 weeks.

Progestin: The hormone progestin also can be used to shrink endometriosis. Progestin works against the effects of estrogen on the tissue. Although you will no longer have a monthly menstrual period when taking progestin, you may have irregular vaginal bleeding. Progestin is taken as a pill or injection. Side effects in women taking this medication may include:

- Mood changes, Weight changes, Bloating, Sexual problems

Danazol. Danazol is another type of hormone that shrinks endometrial tissue. It lowers levels of estrogen and progesterone. It is taken as a pill for at least 6 months. You will no longer have a menstrual period while taking danazol. The side effects of danazol may include:

- Weight gain, Acne, Deepening of the voice, Hirsutism

◆ Surgery

Surgery may be done to remove endometriosis and the scarred tissue around it. In most severe cases of endometriosis, surgery often is the best choice for treatment. Healthy ovaries and normal fallopian tubes are left alone as often as possible.

Surgery most often is done by laparoscopy. During laparoscopy, endometriosis can be removed or burned away. Not all cases can be handled with laparoscopy. Sometimes a procedure called laparotomy may be needed. Discuss with your doctor which method may be best for you.

After surgery, you may have relief from pain. Symptoms may return, though. Many patients are treated with both surgery and medications to help extend the symptom-free period.

Symptoms return within 1 year in about half of women who have had surgery. The more severe the disease, the more likely it is to return.

If pain is severe and doesn’t go away after treatment, a hysterectomy (surgery to remove your uterus) may be an option. Endometriosis is less likely to come back if your ovaries also are removed. After this procedure, a woman will no longer have periods or be able to get pregnant. There is a small chance that your symptoms will come back even if your uterus and ovaries are removed.

◆ Coping

Endometriosis is a long-term condition. Many women have symptoms that occur off and on until menopause. Keep in mind that there are treatment options. A woman can work with her doctor in making the right decision for her.

It also may help to talk with other women who are coping with endometriosis. Ask your doctor or nurse to suggest a support group in your area.

◆ Finally

Endometriosis can cause pain and infertility. It often can be treated with success. You may need more than one kind of treatment. If you have any symptoms of endometriosis, see your doctor.
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Shami also called as Banni tree in Kannada is known for its spiritual uses. An occasion of 10th day of Dasarathe leaves of Shami tree distributed among one another to share love and forget the past misunderstanding between people. In Mahabaratha it has been mentioned that Pandavas hid their weapons during the years they had to be exile incognito. According to the Saiva Siddhantha philosophy shami is associated with heat principle of universe. This cosmic heat refers to Rudragni emerges from third eye of Shiva. It has been told that shami has power to hold and preserve rudragni in its leaves. So twigs of shami tree used as first thing in yagna/homa to generate fire. In folklore medicine the decoction made from its leaves or pods uses to treat sudden drop of temperature so that body temperature will be maintained. Apart from its spiritual uses it has tremendous medicinal values too.

An ever green thorny tree belongs to pea family and its botanical name is Prosopisspicigera. It’s a state tree of Rajasthan grows up to 3-5 m high, branches and twigs bears small thorns around, bipinnate leaves resembles with tamarind leaves, it has small yellow clustered spike flowers and yields cylindrical, hanging pods.

The bark possesses antihyperglycemic and antioxidative property hence its used in treatment of diabetes.

Leaves possess antihyperlipidemic activity so it’s useful in controlling blood lipid levels. Dried pods are known to possess antibacterial activity against E.coli, klebsiella pneumoniae, Salmonella typhi and seeds acts like depilatory. Powdered plant materials commonly used as analgesic, anti-depressant, muscle relaxant and Anti pyretic.

In Ayurveda it has been mentioned as best Depilatory, Nootropic and Pittavardhaka.

Commercially it is a good fuel source and provides excellent charcoal firewood, green manure and goat proof thorny fence.

Best thing about this tree is its pods are used as vegetables in some region of India, many Rajasthani family prepares its curry and pickle from this. Here is the one such an amazing recipe.

Shami pods sabji:

Ingredients:
- One bowl pods
- Two medium potatoes
- Cumin seeds ¼ tsp
- Bay leaves 2
- Green chillies 2
- ½ tbs cumin powder
- ½ tbs coriander powder
- 1 tsp red chili powder
- 1 tomato
- Salt
- Ghee
- Chopped coriander leaves

Procedure:
- Wash fresh pods thoroughly and cut into half inch pieces, discard the edges
- Take a thick bottomed pan, put 2 tbs of ghee
- Add cumin seeds and Bay leaves green chilies and pods, fry it
- Add boiled, peeled and diced potato and tomato stir well
- Add other spices, salt - cook till almost vegetables becomes tender
- Remove from flame and transfer it into serving bowl Garnish it with chopped coriander leaves
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