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Dr D K AUDIKESAVULU
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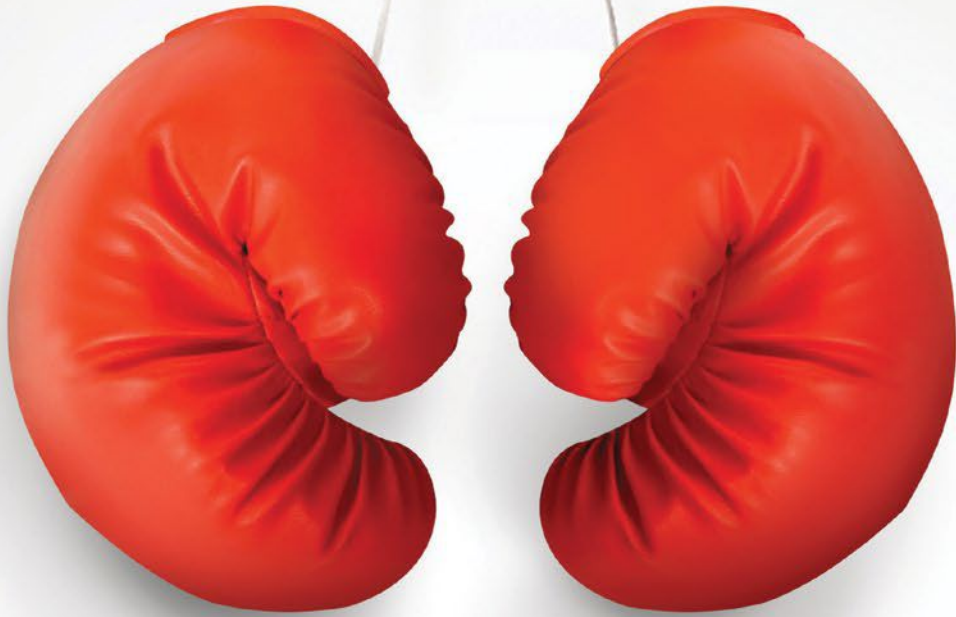
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Fitness refers to ability of the body to function with vigor and alertness. But do we know if we are really fit? How do we tell? First, you might want to look at your exercise habits, if there are any. If there aren't any exercise routines to examine, no fitness. Everyone, no matter what their age, benefits from exercise. It keeps our bodies conditioned, our mental sharpness working at top speed, and thanks to the physical aspect, we get a boost to our cardio health, extra calorie burn, and more oxygen to those cells. What about the stress levels in your life? Do you work in an environment with high levels of stress? Is your personal life a source of comfort or does it add to your stress levels? Do you engage in some form of stress-relieving activity? **Stress is the number one contributor to heart attacks and strokes.**

Fitness requires us to examine more than just our exercise routine. **The mere definition of fitness refers to the body's ability to meet physical stresses.** In order to be truly fit, we find ways to rid ourselves of built up stress, the kind that begins to affect our muscles, muscle tone, and composition. Massages are the best cure for our stress

Exercises that demand total body involvement are the best for maintaining and improving your level of fitness most effectively. Running, swimming, jogging, dancing, cycling, and very brisk walking are some of the more popular total body involvement exercises.

◆ **Fitness Activities**

Exercising and staying fit doesn't have to mean hard work. Simply being active will help you get or stay in good shape. So with that said, here are some enjoyable activities that can help with your fitness goals too. **BICYCLING:** - When you ask many adults when the last time they rode a bike? They cannot answer. Although bicycling is a favourite pastime, many adults do not take advantage of this great option for exercise. Not only does bike riding exercise the body and build a stronger cardiovascular system, it

Are You Fit?

allows you to get out and enjoy nature, fresh air, and see new sites.

JOGGING OR WALKING: - Both jogging and walking are GREAT ways to get fit. Not only do they tone the muscles, relieve stress, create a healthier heart, and improve lung capability, they make you look wonderful, which in turns helps you get excited about doing other exercise for fitness activities.

SWIMMING: - Swimming is an excellent way to get into and stay in shape. If you do not own a pool, many high schools have aquatic centers, or there is always clubs or your local gym. Many offer water aerobic classes that will help you tighten your body, lose weight, and get a good overall workout.

TENNIS: - Tennis is not only a fun sport, but also a great way to exercise. You do not have to be good in playing, just running after the ball alone will help get you into shape. This is a great way to strengthen your cardiovascular system and lose weight.

DANCING: - Dancing is a fun and it really does not matter what type of dance or music. The whole idea is to move your body. Dancing has long been recommended as an avenue to fitness. Belly Dancing is an excellent workout for your stomach, waist and hips ladies.

VCR :- If you have a VCR or DVD, rather than just using it for your favorite comedy or action-packed movie, try sticking in some good workout tapes. Even taking 15 minutes every day to work out will get you started. Try that for two weeks and you will be surprised at the results. Once you see that 15 minutes a day makes a difference, you will be encouraged to increase the time spent.

YARDWORK: - Whether you're pulling weeds, planting flowers, mowing the grass or chopping wood: All of these activities can help you get into better shape. Don't cheat yourself though. Using a riding mower to cut the grass won't help you use the muscles or get your blood pumping

So go out and get active, have fun, and work on getting or staying fit too.



Sun Shine Vitamin - Vitamin D

Its impotence and Biochemical effects



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F Glisson in 1650 noticed several children in Scotland had difficulty while walking. When he examined them, most of the children had soft bones, bowed legs, twisted bones, stunted growth, large forehead, chest deformity, protruded abdomen, and were crying in the night due to pain in the bones. His friends also reported children in Norway, Sweden, and Denmark who were also suffering from soft bone disease. During winter and soon after winter suffering was more. Glisson called this disease as “**English disease**”.

This disease was called “**Rickets**”, meaning twisted soft bones. D Scheuttle in 1884, found that bone pains reduced and children showed improvement after feeding them **fish cod liver oil**. Hopkins in 1906 found that “**Fresh air and Sun shine**”, were good for these children. Hess and Unger in 1921 put forward the explanation of their clinical observation that “**Seasonal increased incidence of rickets is due to seasonal variation of sunlight**”.

American physician Harry Steenbok demonstrated that irradiation by ultraviolet light increased the vitamin D content of foods and other organic materials, specially milk. Compulsory irradiation of milk in America since 1945 has eliminated rickets in the United States.

◆ **Vitamins:**

Vitamins are defined as organic compound and an essential nutrient that an organism requires in limited amounts. They occur in small quantities in different natural foods and necessary for growth and maintenance of good



*Child bent legs
X-Ray of bent legs*



*Wrist and Hand bones widened and cupping
Widening of knee joint bones*



*Child with protruded abdomen and Bent legs
Child with deformed chest and Protruded abdomen*



Rickets child treated with calcium and vitamin D

health in human beings and in experimental animals. Vitamins are not synthesized in body, and must be obtained through the diet. Discovery of vitamins started from observation of deficiency manifestations – scurvy, rickets, and beriberi, etc. Albert Zsent-Gyorgyi, Nobel Prize winner, 1937 defined “**A vitamin is a substance that makes you ill if you don't eat it**”.

There are 13 vitamins. They are mainly classified into two types.

1) **Fat soluble vitamins** are 4, they are named as **A, D, E, and K**.

2) **Water soluble vitamins** are 9. They are named as **B complex is 8, and Vitamin C 1**.

B complex includes – B₁ (Thiamine), B₂ (Riboflavin), B₃ (Niacin), B₅ (Pantothenic acid), B₆ (Pyridoxine), B₇ (Biotin), B₉ (Folic acid), and B₁₂ (Cobalmin). Vitamin C is Ascorbic acid.

Comparison of two types of vitamins		
	Fat soluble vitamins – A, D, E, K	Water soluble vitamins – B, C
Solubility in fat	Soluble	Not soluble
Water solubility	Not soluble	Soluble
Absorption	Along with lipids Requires bile salts	Absorption simple Except Vitamin B 12 (injection)
Carriers proteins	Present	No carrier proteins
Storage	Stored in liver	No storage
Excretion	Not excreted	Excreted
Deficiency	Manifested only when stores are depleted	Manifests rapidly as there is no storage
Toxicity	Hypervitaminosis may result	Unlikely, since excess is excreted
Treatment of deficiency	Single large doses may prevent deficiency	Regular dietary supply is required
Major vitamins	A, D, E, and K	B, and C

◆ **Synonyms of vitamin D:**

1) Calciferol, 2) Cholecalciferol, 3) Ergocalciferol, 4) Ergosterol, 5) Viosterol, 6) Fat soluble vitamin D, 7) Vitamin D, 8) Vitashine vitamin, 9) Sunshine vitamin, 10) Antirachitic vitamin

◆ **Formation of vitamin D:**

Sun rays – Ultraviolet light (290-315 nm) act on **skin**, Malpighian layer of epidermis converts

7-dehydrocholesterol present in keratinocytes into provitamin **Secosterol**. Secosterol is further converted into **Vitamin D₃** or Cholecalciferol. The production of vitamin D in the skin is directly proportional to the exposure to sunlight and inversely proportional to the pigmentation of the skin. An increase in solar zenith angle during November to March shifts the wavelength of UV rays to longer wavelengths which will not produce the vitamin; hence vitamin deficiency is seen in winter.

Cholesterol what we eat in the form of ghee, butter, and curd, is absorbed in intestine and reaches the liver. In the liver cholesterol is converted into 7-dehydrocholesterol, which enters blood. Keratinocytes of skin trap the 7-dehydrocholesterol from blood and transform to vitamin D under sunlight. Hence for stronger bones we need to eat ghee, butter, and curd.

7-dehydrocholesterol → **Secosterol** → **Vitamin D**

Commercially the vitamin D is derived from the fungus, ergot. The Ergosterol when treated with ultraviolet light, ergocalciferol or vitamin D₂ is produced.

◆ **Activation of vitamin D:**

Vitamin D is a prohormone formed in skin and is transported to liver. In the liver it is transformed into active hormone **25-hydroxy cholecalciferol (25-HCC)**. In blood 25-HCC is bound to “vitamin D binding protein”.

In kidney it is further converted to **1, 25-dihydroxy cholecalciferol (DHCC)**.

◆ **Biochemical effects of vitamin D:**

- Vitamin D promotes the absorption of calcium and phosphorus from the intestine, from the food we eat. Vitamin D enters intestine mucosal layer, then enters the nucleus of mucosal layer, stimulates the nucleus to arrange to absorb calcium and phosphorus from the food we have eaten.
- Vitamin D coordinates the remodeling of bone and increases bone mineral density. Active vitamin D is having action on all three types of bone cells – osteoblasts, osteoclasts, and osteocytes. Vitamin D helps in absorption of adequate calcium and phosphorus to promote mineralization and strong bones. Vitamin D is also responsible for increased production of bone matrix proteins such as collagen, osteocalcin, and osteopontine.
- Vitamin D increases the reabsorption of calcium and phosphorus by renal tubules, therefore both minerals are conserved.
- Vitamin D increases immunity status, fights against cancer cells, and corrects anemia.

Vitamin D levels in healthy adult

Normal level → more than 30 ng/ml

Insufficiency 20-29 → ng/ml

Deficiency → less than 20 ng/ml

Requirement of vitamin D

Children = 10 µg (400 IU)/day

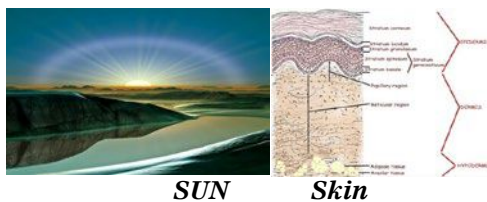
Adults = 5 to 10 µg (200 IU)/day

Pregnancy, lactation = 5 to 10 µg (200 IU)/day

Above the age of 60 = 600 IU/day

◆ **Sources of vitamin D:**

Exposure to sunlight, skin produces vitamin D.



Fish, fish liver oil and egg yolk are good source of the vitamin D. Milk contains moderate quantity of the vitamin D. The current recommendation is to fortify dairy products with vitamin D. People who walk and work in sunlight get sufficient vitamin synthesis.

◆ **Deficiency of Vitamin D:**

The deficiency diseases are rickets in children and osteomalacia in adults. Hence vitamin D is known as “**Antirachitic vitamin**”. In India Vitamin D deficiency is common. It is more common in women who were all the time clothes to cover the body (Burqa/ Burkha → Muslim cultural garment cover all parts of the body and sunrays won't fall on them) and they cannot synthesize Vitamin D. Elderly persons also stay most of the time in their house, hence do not get sufficient exposure to sunlight, they also suffer from Vitamin D deficiency, their bones are weak. If elderly person fall, he get his bones fractured.

◆ **Rickets:**

Rickets is seen in children. There is insufficient mineralization of bone. Bones become soft and pliable. The bone growth is markedly affected. Weight bearing bones are bent and bone deformity develops. The clinical manifestations include bow legs; knock knees, rickety rosary, bossing of frontal bones, and pigeon chest. An enlargement of the epiphysis at the lower end of ribs and costochondral junction leads to beading of ribs or rickety rosary. Diaphragm contracts pull the ribs inside, hence a depression is formed at the site of attachment of diaphragm, and it is called **Harrison sulcus**.

◆ **Osteomalacia:**

In elderly people, due to insufficient mineralization, calcium and phosphorus come out of bones; bones become weak, soft, and easily break. Bone pains, joint pains, and back pains are common. Mild trauma causes fracture of bones.

◆ **Hypervitaminosis D:**

Doses above 10000 IU per day for long periods may cause toxicity. Symptoms include weakness, polyurea, and intense thirst, difficulty in talking, hypertension and weight loss. Hypercalcemia leads to calcium deposition of soft tissue in blood vessels and kidney.

Although vitamin D is toxic in higher doses, excessive exposure to sunlight does not result in vitamin D toxicity, because excess D₃ is destroyed by sunlight itself.

◆ **Conclusion:**

School children must be taught about the “Importance of Vitamin D, Calcium, and Phosphorus in maintaining strong bones”. Regular exercises, walking in sunlight before 9.00 am and after 4.00 pm; daily milk and milk products in our food will maintain normal Vitamin D level in our body. Elderly person should get their bones examined by Doctors, (bone Densitometer will give bone strength) regularly, if Doctors advise calcium and Vitamin D supplements, they should take.



Figure: 1. A THREE-YEAR CAMPAIGN FOR REACH AND IMPACT- 2016-2018

Global Fight Against Cancer

WORLD CANCER DAY 2018

Cancer-Fighting Superfoods for cancer prevention

Cancer is a generic term for a large group of diseases that can affect any part of the body. They are known as malignant tumors and neoplasms. The distinctive feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries. They have the ability to invade adjoining parts of the body. They also spread to other organs, referred to as metastases that are the major cause of death from cancer. About 70% of all cancer deaths occur in low and middle-income countries.

Global Burden of Cancer: The International Agency for Research on Cancer (IARC), reported 14.1 million new cancer cases in 2012 worldwide, of which 8 million occurred in economically developing countries, which has about 82% of the world's population. Total cancer deaths in 2012 were 8.2 million (22,000 cancer deaths a day) of which 2.9 million were in economically developed nations, and 5.3 million in developing nations. By 2030, the global burden is expected to grow to 21.7 million new cancer cases and 13 million cancer deaths simply due to the growth and aging of the population.

The IARC 2016 report indicates that the global occurrence of childhood cancer may be significantly higher than previously thought. Approximately 300,000 cases of cancer are diagnosed in children and teens under the age of 19 every year and an estimated 80,000 deaths annually from childhood cancers worldwide. They warn that **childhood cancer is becoming a Public Health crisis in the developing world.** Leukemia, cancer of the blood and lymphoma form nearly half of childhood cancers worldwide. A correlation between some forms of childhood cancers and infectious diseases is reported. Burkitt lymphoma, a rare form of childhood cancer occurs in equatorial Africa where exposure to Epstein-Barr virus and malaria are prevalent. Kaposi sarcoma has higher incidence in countries with a high prevalence of HIV infection. Childhood cancers have an increasingly high survival rate (upwards of 80%) in the United States, where as survival rates in low-income nations may be as low as 10%. Many childhood cancers in the developing world are not even included in statistics due to lack of access to diagnostic tools and basic medical care in many low-income countries.

The Burden of Cancer in India: 2016 Statistics at a Glance: The Indian Council of Medical

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Research report shows India has around 14.5 lakh new cases with cancers of breast, lung and cervix topping the list and it is likely to be over 17.3 lakh new cases of cancer by 2020. Over 7.36 lakh people succumbed to the disease in 2016 while the figure is estimated to shoot up to 8.8 lakh by 2020. Data also revealed that only 12.5 per cent of patients come for treatment in early stages of the disease. Among females, breast cancer topped the list and among males mouth cancer was the most common form of cancer.

Causes of cancer: Cancer arises from one single normal cell, through a multistage process. Typically a progression from a pre-cancerous lesion to malignant tumors is the common mechanism. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including: (a) Physical carcinogens - ultraviolet and ionizing radiation; (b) Chemical carcinogens - asbestos, components of tobacco smoke, aflatoxin (food contaminant) and arsenic (drinking water contaminant) and (c) Biological carcinogens - infections from certain viruses, bacteria or parasites.

Carcinogen is a substance that causes a normal cell to change into a cancerous cell, resulting in uncontrolled cell growth. Cancer cells multiply unchecked, forming a mass of tissue called a tumor. Sometimes cancerous cells "break off" from a tumor, traveling through the body and multiplying in other organs and tissues.

International Agency for Research on Cancer (IARC), cancer research agency of WHO, maintains a classification of cancer-causing agents. Age is a fundamental factor for the development of cancer and the incidence of cancer rises dramatically with ageing. **Risk factors for cancers:** Tobacco, alcohol,

unhealthy diet with low fruit and vegetable intake, Any processed meat that has been preserved by curing, salting or smoking, or by adding chemical preservatives)
Alcoholic beverages
Salted fish (Chinese style)
Burned or heavily barbecued foods
Red meat including, beef, veal, pork, lamb, mutton, horse and goat
Hot beverages above °65C
Polluted air and water.

Table: 1. Everyday foods and drinks that are labeled as potentially carcinogenic

physical inactivity, obesity, urban air pollution and smoke from household use of solid fuels are the main cancer risk factors worldwide. People who are infected with hepatitis B virus (HBV) or hepatitis C (HCV) virus may develop a chronic infection that can lead to cirrhosis and may increase the risk of liver cancer (hepatocellular carcinoma). Human Papilloma Virus (HPV) are leading risk factors for Cervical cancer and a leading cause of cancer death among women in low-income countries.

Reduce the burden of cancer: Many cancers have high chance of cure if detected early and treated adequately. Cancer can be reduced and controlled by implementing evidence-based strategies for cancer prevention, early detection of cancer and management of patients with cancer.

Link between lifestyle and cancer risk: Modifying and avoiding cancer risk factors could prevent more than 30% of cancer deaths. **Tobacco use is the single most important risk factor for cancer causing 22% of global cancer deaths and 71% of global lung cancer deaths.** In many low-income countries, up to 20% of cancer deaths are due to infection by HBV and HPV. **Prevention strategies:** About one third of the deaths from disease are due to malnutrition and bad lifestyle habits. Prevention strategies include avoidance of the risk factors, vaccination against human papilloma virus (HPV) and hepatitis B virus (HBV), control occupational hazards, and reduce exposure to sunlight.

Natural cancer treatment principle is to activate the body's extraordinary ability to heal itself by recommending organic, plant-based foods, raw juices, coffee enemas, beef liver and natural supplements. Six Cancer-Fighting Super foods commonly available are the rich sources of **phytonutrients**.



Figure: 2. Studies on cancer and nutrition point to eating plant-based foods for their phytonutrients and other special compounds.

1. Broccoli: All cruciferous veggies (cauliflower, cabbage, kale) contain cancer-fighting properties. Broccoli is especially a rich source of sulforaphane, a potent compound that boosts the body's protective

enzymes and flushes out cancer-causing chemicals. **Helps fight:** breast, liver, lung, prostate, skin, stomach, and bladder cancers.

2. Berries: All berries are packed with cancer-fighting phytonutrients. Black raspberries contain very high concentrations of phytochemicals called anthocyanins, that slows down the growth of premalignant cells and keep new blood vessels formation that feeds tumor. **Helps fight:** colon, esophageal, oral, and skin cancers.

3. Tomatoes: This juicy fruit is the best dietary source of lycopene, a carotenoid that stops endometrial cancer cell growth. Endometrial cancer causes nearly 8,000 deaths a year. **Helps fight:** endometrial, lung, prostate, and stomach cancers



Figure: 3. Aim for five to nine daily servings of all kinds of fruits and vegetables-especially these six superstars.

4. Walnuts: The phytosterols (cholesterol-like molecules found in plants) present in the walnuts helps block estrogen receptors in breast cancer cells, and slows the cells' growth. **Helps fight:** breast and prostate cancers.

5. Garlic: Phytochemicals in garlic help halt the formation of nitrosamines, carcinogens formed due to the nitrates found in food preservatives. Women with the highest amounts of garlic in their diets had a 50 percent lower risk of certain colon cancers than women who ate the least. **Helps fight:** breast, colon, esophageal, and stomach cancers.

6. Beans: Black and Navy beans significantly reduce colon cancer incidence. A diet rich in the legumes increased levels of the fatty acid butyrate, which in high concentration has protective effects against cancer growth. Dried beans are effective in preventing breast cancer. **Helps fight:** breast and colon cancers.

◆ **WHAT NOT TO EAT:**

- **Animal fats:** Meat, cheese, and butter rich in saturated fat, has been linked to obesity- a major cancer predictor. Opt for leaner protein sources, such as fish, low-fat dairy, and those good-for-you beans.
- **Processed meats:** A hot dog or a few slices of bacon staple food carries the risk of cancer formation. Cured meats tend to be high in nitrites and nitrates (saltpeter), and preservatives potentially increase the risk of stomach and other cancers.
- **Excessive alcohol:** Too much tipping is associated with an increased risk of cancers of the mouth, esophagus, and breast.

Early detection: Cancer mortality can be reduced if cases are detected and treated early. There are two components of early detection efforts: Early diagnosis: The awareness of early signs and symptoms for cancers such as cervical, breast colorectal and oral in order to diagnose and treat before the disease becomes advanced. Early diagnosis programs are particularly relevant in low resource settings where the majority of patients are diagnosed in very late stages and where

there is no screening. Screening is defined as the systematic application of a test in an asymptomatic population. It aims to identify individuals with abnormalities suggestive of a specific cancer or precancerous lesion and refer promptly for evaluation, diagnosis and treatment. Screening programs are especially effective for frequent cancer types for which a cost-effective, affordable, acceptable and accessible screening test is available to the majority of the population at risk. **Screening methods** are: Visual inspection with acetic acid (VIA) for cervical cancer in low resource settings; PAP test for cervical cancer in middle and high-income settings; and mammography screening for breast cancer in high-income settings.

Treatment requires multiple combined interventions, such as surgery, radiotherapy, and chemotherapy. The goal is to cure the disease, prolong life while improving the patient's quality of life, and complemented by psychological support. Treatment of early detectable cancers: Cancers of the Breast, cervix, oral and colorectal cancers have higher cure rates when detected early and treated. Treatment of cancers with potential for cure: Disseminated cancers, such as leukemia and lymphomas in children, and testicular seminoma, have high cure rates if appropriate treatment is provided. Palliative care: Palliative care is treatment to relieve, rather than cure, symptoms caused advanced stages of cancer. Palliative care is a humanitarian effort for people worldwide with cancer and other chronic fatal diseases. Palliative care can help achieve relief from physical, psychosocial and spiritual problems in over 90% of advanced cancer patients. Palliative care strategies: Effective public health strategies, comprising of community and home-based care are essential to provide pain relief and palliative care for patients in low resource settings. Improved access to oral morphine is mandatory for the treatment of moderate to severe cancer pain, suffered by over 80% of patients in terminal phase.

WHO response: In 2008, WHO launched its Non-communicable Diseases Action Plan, which includes cancer-specific interventions also. WHO and the International Agency for Research on Cancer (IARC), collaborate with other United Nations organizations and partners to (1) increase political commitment for cancer prevention and control; (2) Coordinate and conduct research on the causes of human cancer and the mechanisms of carcinogenesis; (3) Develop scientific strategies for cancer prevention and control; (4) Generate new knowledge, and disseminate existing knowledge to facilitate the delivery of evidence based approaches to cancer control; (5) Develop standards and tools to guide the planning and implementation of interventions for prevention, early detection, care and treatment; (6) Strengthen health systems at national and local levels to deliver cure and care for cancer patients; and (7) Provide technical assistance for rapid, effective transfer of best practice interventions to developing countries.

History of The World Cancer Day: February 4 is an international Day to raise awareness of cancer and to encourage its prevention, detection, promotes preventive measures and treatment to save millions of preventable deaths each year. It was decided under the direction of UICC (Union for International

Cancer Control), with the support of cancer societies, research institutes, treatment centers and patient groups. **World Cancer Declaration** (2008) aims to significantly reduce illness and death caused by cancer by 2020. WHO and IAEA provide substantial support for the Day along with other inter-national organizations. It aims at a decline in tobacco, alcohol use and avoiding obesity, vaccination against human papilloma virus and hepatitis B virus, providing access to accurate disease diagnosis, adequate treatment, and supportive care. World Cancer Day is celebrated by using a particular theme and targets misinformation, raise awareness, and reduce stigma. Special camps, rallies, awareness programs, lectures, and seminars are organized to spread the special messages about the cancer awareness and its prevention. Common people are the main target of the celebration. Special stress is on awareness regarding lifestyle modifications, prevention and treatment of cancer. A toolkit, having templates, leaflets and direction for various



Figure 4. Together for kids with cancer: Do more - Care More

organizations, is provided by the UICC for better assistance.

International Childhood Cancer Awareness Day -15 February 2018: Childhood Cancer International (CCI), a global network of 188 grassroots and national networks of parent organizations in 93 countries, spanning 5 continents, created this annual event. CCI is the world's largest childhood cancer patient support and advocacy network.

The European Society for Paediatric Oncology (SIOPE Europe or SIOPE) is the only pan-European organization representing all professionals working in the field of child-hood cancers. With more than 1,680 members across 35 European countries, today **SIOPE** is leading the way to ensure the best possible care and outcomes for all children and adolescents with cancer in Europe.

The seven objectives (with equal importance and weight) are (1) **Innovative treatments:** to introduce safe and effective innovative treatments (i.e. new drugs, new technologies) into standard care. (2) **Precision cancer medicine:** to use improved risk classification as well as biological characteristics of both the tumor and patient (such as molecular and immunological factors) to help guide decisions on which therapies to use. (3) **Tumor biology:** to increase knowledge of tumor biology and speed up translation from basic research to clinical care to benefit patients. (4) **Equal access:** to bring about equal access across Europe to standard care (in both diagnosis and treatment), expertise and clinical research. (5) **Teenagers and Young Adults:** to address the specific needs of teenagers and young adults (TYA), in cooperation with adult oncology. (6) **Quality of survivorship:** to address the consequences of cancer treatment such as long-term side effects, to better understand the genetic background/risk of an individual, and to

improve quality of life of childhood cancer survivors. (7) **Causes of cancer:** to understand the causes of paediatric cancers and to address prevention wherever possible.

Common myths and facts about cancer: It is important to get cleared of the common myths and know the facts regarding the reality of the cancer to get control over it.

- Generally people think that cancer tissues are just health issue however it is not.
- Common people think that cancer is a disease for wealthy and old age people however it is a global and epidemic disease, which can affect all age group.
- Common people think that suffering from the cancer is just like a punishment however most type of the cancer is now well treatable.
- Common people think that having cancer is their



Figure: 5. Nanomedicine: disruptive innovations to beat cancer

fate however approximately 30% of the cases can be cured and prevented for whole life.

The Nano World Cancer Day 2018 is an event organized in the framework of World Cancer Day. The European Technology Platform on Nanomedicine (ETPN) supported by European Project ENATRANS (Enabling Nanomedicine TRANSLation) organizes Nano World Cancer Day.

The Day aims to increase awareness about Nanomedicine and its ability to introduce new opportunities and game changers in the fight against cancer. Dynamic and informative events dedicated to press; students and Physicians are organized in 10 countries across Europe and beyond. The Day offers a chance to discover the revolutions provided by Nanomedicine in healthcare. Experts in Nanomedicine, researchers, entrepreneurs, oncologists, clinicians, and public authorities deliver short speeches about the latest concrete and disruptive innovations in Nanomedicine and answer all questions of the patients and the audience.

Global Action Plan for the Prevention and Control of NCDs 2013-2020 For the vast majority of cancers, risk factors are environmental or lifestyle-related, thus cancers are mostly preventable NCD. Greater than 30% of cancer is preventable via avoiding risk factors including: tobacco, overweight / obesity, low fruit and vegetable intake, physical inactivity, alcohol, sexually transmitted infections, and air pollution. Almost all cervical cancers are caused by human papillomavirus infection. The 66th World Health Assembly endorsed the WHO Global Action Plan for the Prevention and Control of NCDs 2013-2020 (resolution WHA66.10). The global action plan offers a paradigm shift by providing a road map and a menu of policy options for Member States, NGOs, private sector agents, WHO, UN organizations and intergovernmental organizations, They are

implemented collectively between 2013 and 2020, with aim to attain 9 voluntary global targets, including that of a 25% relative reduction in premature mortality from NCDs by 2025.

National Cancer Registry Programme: The Indian Council of Medical Research (ICMR) with a network of cancer registries commenced the National Cancer Registry Programme (NCRP) across the country in December 1981. The main objectives of this Programme are:

- To generate reliable data on the magnitude and patterns of cancer
- Undertake epidemiological studies based on results of registry data
- Help in designing, planning, monitoring and evaluation of cancer control activities under the National Cancer Control Programme (NCCP)
- Develop training programmes in cancer registration and epidemiology.

Three Population Based Cancer Registries (PBCRs) at Bangalore, Chennai and Mumbai and three Hospital Based Cancer Registries (HBCRs) at Chandigarh, Dibrugarh and Thiruvananthapuram were commenced from 1 January 1982. The PBCRs have gradually expanded over the years and as of now there are 23 PBCRs under the NCRP network.

◆ **Rehabilitation and Survivorship:**

Rehabilitation: The Indian Cancer Society Rehabilitation Centre (RC) provides various survivorship programs to the cancer patients, cancer survivors and their family members. They have benefited from the various facilities and aid programs including Physical Restoration Services, Psycho-Social and Community Adjustment Services and Aid To Rural/ Urban Cancer Patients/ Survivors offered.

Survivorship: Ugam is a voluntary support group, formed by Childhood Cancer Survivors from the "After Completion of Therapy (ACT) clinic" of Tata Memorial Hospital. UGAM means, "To Rise". "The determination of childhood cancer survivors, to rise above all obstacles in life and be **VICTORS**" is the essence. The dream of such a support group was seen by a childhood cancer survivor, **Shobhit Kaushal**, who was a budding and very talented painter-poet who unfortunately was overpowered by his disease. Ugam was formally launched on 7th June 2009, first Sunday of June celebrated as Cancer Survivors Day across the world

Conclusion: Various Global efforts are taken to create awareness regarding early cancer detection and treatment. Prevention of cancer by life-style changes must be followed. **They aim to**

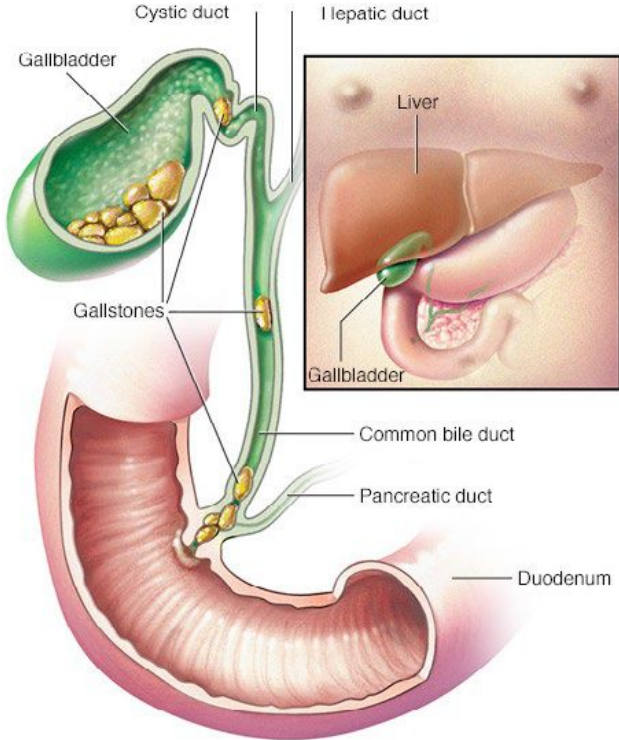
- **Make cancer control a political and public health priority.**
- **Develop cancer control capacity globally.**
- **Make effective pain treatment available to all in need.**
- **Reduce tobacco use, with a particular focus on sub-Saharan Africa.**

Increase awareness about the global cancer burden. Programmes should include an awareness-raising component, to educate patients, family and community members about the cancer risk factors and the need for taking preventive measures to avoid developing cancer.



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Gall Stones

Types of gallstones that can form in the gallbladder include:

- **Cholesterol gallstones.** The most common type of gallstone, called a cholesterol gallstone, often appears yellow in color. These gallstones are composed mainly of undissolved cholesterol, but may contain other components.
- **Pigment gallstones.** These dark brown or black stones form when your bile contains too much bilirubin.

◆ **Causes**

It's not clear what causes gallstones to form. Doctors think gallstones may result when:

- **Your bile contains too much cholesterol.** Normally, your bile contains enough chemicals to dissolve the cholesterol excreted by your liver. But if your liver excretes more cholesterol than your bile can dissolve, the excess cholesterol may form into crystals and eventually into stones.
- **Your bile contains too much bilirubin.** Bilirubin is a chemical that's produced when your body breaks down red blood cells. Certain conditions cause your liver to make too much bilirubin, including liver cirrhosis, biliary tract infections and certain blood disorders. The excess bilirubin

Gallstones are hardened deposits of digestive fluid that can form in your gallbladder. Your gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver. The gallbladder holds a digestive fluid called bile that's released into your small intestine.

Gallstones range in size from as small as a grain of sand to as large as a golf ball. Some people develop just one gallstone, while others develop many gallstones at the same time.

People who experience symptoms from their gallstones usually require gallbladder removal surgery. Gallstones that don't cause any signs and symptoms typically don't need treatment.

◆ **Symptoms**

Gallstones may cause no signs or symptoms. If a gallstone lodges in a duct and causes a blockage, the resulting signs and symptoms may include:

- Sudden and rapidly intensifying pain in the upper right portion of your abdomen
- Sudden and rapidly intensifying pain in the center of your abdomen, just below your breastbone
- Back pain between your shoulder blades
- Pain in your right shoulder
- Nausea or vomiting

Gallstone pain may last several minutes to a few hours.

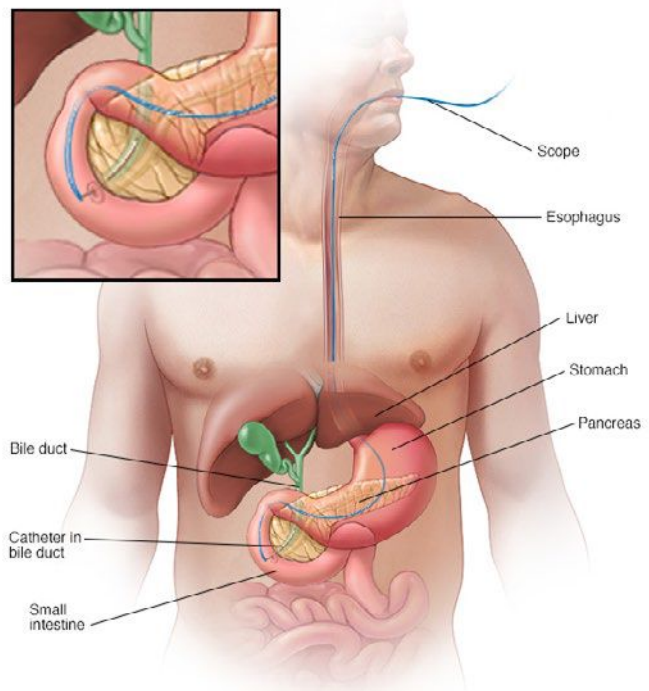
◆ **When to see a doctor**

Make an appointment with your doctor if you have any signs or symptoms that worry you.

Seek immediate care if you develop signs and symptoms of a serious gallstone complication, such as:

- Abdominal pain so intense that you can't sit still or find a comfortable position
- Yellowing of your skin and the whites of your eyes
- High fever with chills

◆ **Types of gallstones**



A gift from **MEDIA ICON**

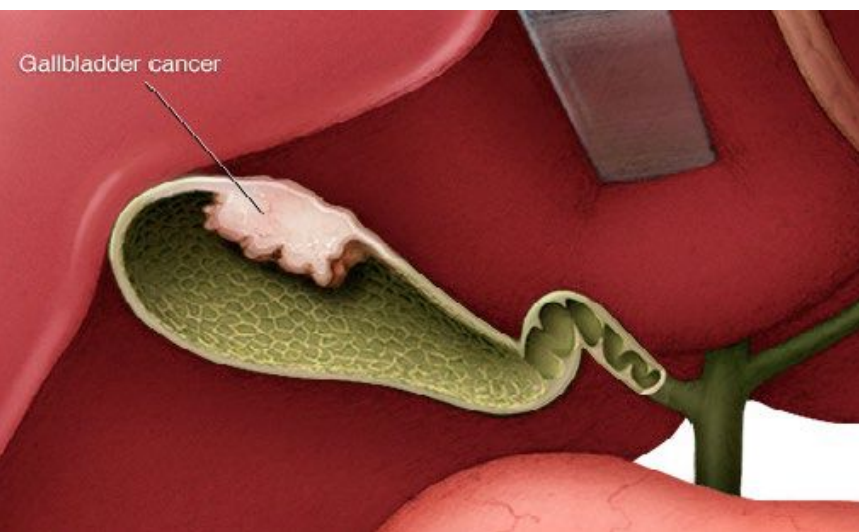


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◆ Complications

Complications of gallstones may include:

- **Inflammation of the gallbladder.** A gallstone that becomes lodged in the neck of the gallbladder can cause inflammation of the gallbladder (cholecystitis). Cholecystitis can cause severe pain and fever.
- **Blockage of the common bile duct.** Gallstones can block the tubes (ducts) through which bile flows from your gallbladder or liver to your small intestine. Jaundice and bile duct infection can result.
- **Blockage of the pancreatic duct.** The pancreatic duct is a tube that runs from the pancreas to the common bile duct. Pancreatic juices, which aid

in digestion, flow through the pancreatic duct.

A gallstone can cause a blockage in the pancreatic duct, which can lead to inflammation of the pancreas (pancreatitis). Pancreatitis causes intense, constant abdominal pain and usually requires hospitalization.

- **Gallbladder cancer.** People with a history of gallstones have an increased risk of gallbladder cancer. But gallbladder cancer is very rare, so even though the risk of cancer is elevated, the likelihood of gallbladder cancer is still very small.

contributes to gallstone formation.

- **Your gallbladder doesn't empty correctly.** If your gallbladder doesn't empty completely or often enough, bile may become very concentrated, contributing to the formation of gallstones.

◆ Risk factors

Factors that may increase your risk of gallstones include:

- Being female
- Being age 40 or older
- Being a Native American
- Being a Mexican-American
- Being overweight or obese
- Being sedentary
- Being pregnant
- Eating a high-fat diet
- Eating a high-cholesterol diet
- Eating a low-fiber diet
- Having a family history of gallstones
- Having diabetes
- Losing weight very quickly
- Taking medications that contain estrogen, such as oral contraceptives or hormone therapy drugs
- Having liver disease

◆ Prevention

You can reduce your risk of gallstones if you:

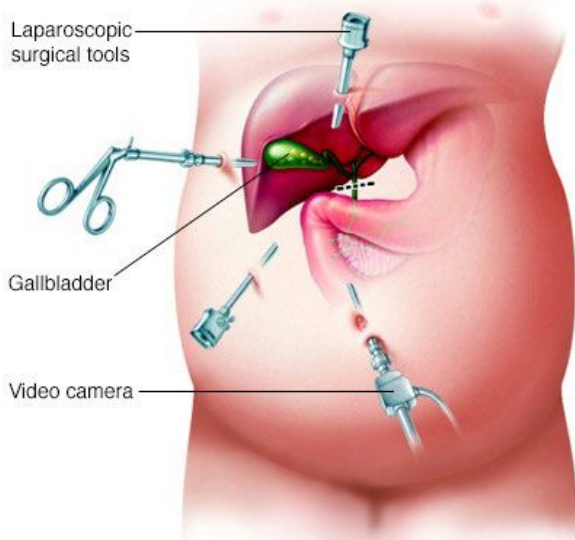
- **Don't skip meals.** Try to stick to your usual mealtimes each day. Skipping meals or fasting can increase the risk of gallstones.
- **Lose weight slowly.** If you need to lose weight, go slow. Rapid weight loss can increase the risk of gallstones. Aim to lose 1 or 2 pounds (about 0.5 to 1 kilogram) a week.
- **Maintain a healthy weight.** Obesity and being overweight increase the risk of gallstones. Work to achieve a healthy weight by reducing the number of calories you eat and increasing the amount of physical activity you get. Once you achieve a healthy weight, work to maintain that weight by continuing your healthy diet and continuing to exercise.

◆ Diagnosis

- **Endoscopic retrograde cholangiopancreatography (ERCP)**

Tests and procedures used to diagnose gallstones include:

- **Tests to create pictures of your gallbladder.** Your doctor may recommend an abdominal ultrasound and a computerized tomography (CT) scan to create pictures of your gallbladder. These images can be analyzed to look for signs of gallstones.
- **Tests to check your bile ducts for gallstones.** A test that uses a special dye to highlight your bile ducts on images may help your doctor determine whether a gallstone is causing a blockage. Tests may include a hepatobiliary iminodiacetic



acid (HIDA) scan, magnetic resonance imaging (MRI) or endoscopic retrograde cholangiopancreatography (ERCP). Gallstones discovered using ERCP can be removed during the procedure.

- **Blood tests to look for complications.** Blood tests may reveal an infection, jaundice, pancreatitis or other complications caused by gallstones.

◆ **Treatment**

- **Laparoscopic cholecystectomy**

Most people with gallstones that don't cause symptoms will never need treatment. Your doctor will determine if treatment for gallstones is indicated based on your symptoms and the results of diagnostic testing.

Your doctor may recommend you be alert for symptoms of gallstone complications, such as intensifying pain in your upper right abdomen. If gallstone signs and symptoms occur in the future, you can have treatment.

Treatment options for gallstones include:

- **Surgery to remove the gallbladder (cholecystectomy).** Your doctor may recommend surgery to remove your gallbladder, since gallstones frequently recur. Once your gallbladder is removed, bile flows directly from your liver into your small intestine, rather than being stored in your gallbladder.

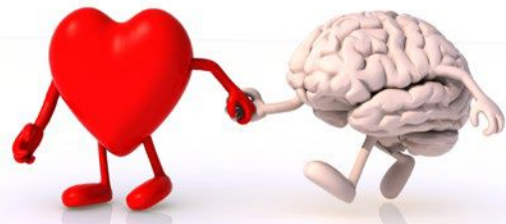
You don't need your gallbladder to live, and gallbladder removal doesn't affect your ability to digest food, but it can cause diarrhea, which is usually temporary.

- **Medications to dissolve gallstones.** Medications you take by mouth may help dissolve gallstones. But it may take months or years of treatment to dissolve your gallstones in this way and gallstones will likely form again if treatment is stopped.

Sometimes medications don't work. Medications for gallstones aren't commonly used and are reserved for people who can't undergo surgery.

Head - to - Toe Health Tips

From reducing of stroke to preventing falls



Do's and don'ts for diarrhea

Diarrhea ordinarily clears up on its own. For a mild case of diarrhea, here's how to manage your discomfort at home:

◆ **Drink certain liquids**

Try broth, diluted fruit juices (except prune juice) and beverages containing electrolytes, such as Gatorade. Drinks that have electrolytes help replace the fluids and body chemicals lost during diarrhea.

◆ **Drink enough liquids**

Drink enough liquids daily so that you urinate about every four hours. If you have diarrhea and your urine is dark, you may be getting dehydrated. This is a clue to drink more fluids. • Eat low-fiber foods (only when you have diarrhea)

As your symptoms improve or your stools become formed, start to eat low-fiber foods, such as soda crackers, toast (white bread), eggs, rice or chicken. Don't consume greasy or fatty foods, milk, or highly seasoned foods for a few days.

◆ **Avoid medications**

Short-term diarrhea doesn't require antibiotics. And for most cases, you don't need an over-the-counter anti-diarrheal product. These may slow the elimination of the infectious agent and actually prolong your diarrhea. Situations vary, though, so ask your doctor about your specific case.

Dealing with stress incontinence

Sudden, strong pressure (stress) on your bladder from exercising, coughing, sneezing or heavy lifting can cause incontinence. This "leaky bladder," called stress incontinence, is common among women. Treatment varies, depending on severity. Talk with your doctor about options, such as:

◆ **Kegel exercises**

To do Kegel exercises, imagine that you're trying to stop your flow of urine. Squeeze the muscles you'd use and hold for a count of three. Relax for three counts. Repeat. Do these several times a day. With a simple physical exam, your doctor can help you identify these muscles and learn to do Kegels. Most women will benefit, and the results can be long lasting. If you do Kegels routinely, you'll likely see improvement within two months. If you don't experience improvement, talk with your doctor.

◆ **Absorbent pads and adult diapers**

Most of these products are no bulkier than normal underwear and can be worn under everyday clothing. But don't resort to using diapers without asking your doctor about all your treatment options.

◆ **Other procedures**

Ask your doctor about other options, such as injected bulking agents and other minimally invasive surgical procedures.

DIABETES

A devil in disguise



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Diabetes is not only sight threatening but also life threatening disease if not detected early and managed well. It is a workable disease if you catch the devil young and are willing to change your life style. But unfortunately in India it is developing into an epidemic and is a real ticking time bomb.

An estimated 40 million Indians suffer from diabetes and, according to experts, the problem seems to be growing at an alarming rate. By 2020, the number is expected to double and reach epidemic proportions, even as half the number of diabetics in the country remain undiagnosed. Worse still, diabetes has debilitating consequences on many of the body's vital organs if remained unchecked and controlled, the biggest problem being that of eye sight. .

Experts across the country consider India to be the diabetic capital of the world and the condition a ticking time bomb waiting to explode. However, of more concern is the fact that awareness of the condition's consequences is quite low. While blood sugars need to be controlled, patients

enable the halting or at least the slow down of diabetes-related eye diseases.

Diabetic patients tend to ignore this problem since the symptoms might not manifest themselves overtly. He may go 10 years without any obvious problems, but it might have set in internally however, a doctor will be able to detect the problems during regular checks and begin remedial measures. But if the patients ignore it, it might be too late when he actually realises. If the problem becomes more acute and leads to bleeding, then only surgery can set this right. The point is all this can be avoided through awareness and preventive measures.

◆ **Diabetes**

Diabetes is a lifestyle disease and it is essential to keep preventive aspects in mind. Family history plays a major role in diabetes. A person stands a 40 per cent chance of getting diabetes if the father has it, 60 per cent if the mother has it and a 90 per cent chance if both parents have it. Also, men are more prone to diabetes than women. Its onset can be delayed if weight is kept in check, regular exercises and stress is minimised, it is also helpful to keep in mind that statistics indicate diabetes is more prone to urban dwellers than rural - an estimated 12.5 per cent of urban dwellers are prone to it, as against just 4 per cent of rural dwellers,

Some facts about diabetes and its relation to the eyes

- The commonest cause for blindness in developed countries is diabetes and the contributing factors are
- Longer the duration of diabetes - more the chances
- Even if diabetes is under good control it can affect the eyes in the long run; if poorly controlled - more likely
- If associated with high blood pressure, high cholesterol levels - eyes are likely to get affected
- There are 50% chances of eye involvement if you have diabetes for more than 10 years. Diabetes primarily affects the film or the retina of the eye and if not detected and treated early can lead to irreversible blindness

◆ **Prevention is better than cure**

Prevention is better than cure is not just a frequently quoted statement but is actually important for a healthy and long life. If you have any of the above predisposing factors do keep a close watch on your blood sugar, and the early signs of diabetes are

- Excessive thirst
- Excessive hunger
- Excessive urination
- Unusual weight loss

◆ **Some mandatory dos and don'ts**

If you are already a diabetic, keep a tight control on



are seldom aware that in the long run it can affect eyes, kidneys, heart and every single vital organ of the body

Diabetics are 25 times more prone to blindness when compared to non diabetics. We Indians have a genetic predisposition for diabetes but there are the contributing factors which precipitates early diabetes

The eye is the most common organ to be affected by diabetes in the long run. So it is essential for diabetic patients to be aware of this fact and that blindness through diabetes can be avoided to a great extent through regular check ups.

Diabetes patients should undergo an eye check as soon as the condition is detected and regular yearly checks thereafter or as frequently as the doctor recommends. This will enable the early detection and prevention of eye diseases through laser and other treatments. Doctors estimate that early detection will

your blood sugar, a close watch on your diet and shed those excessive pounds. The couched-potato life style must change.

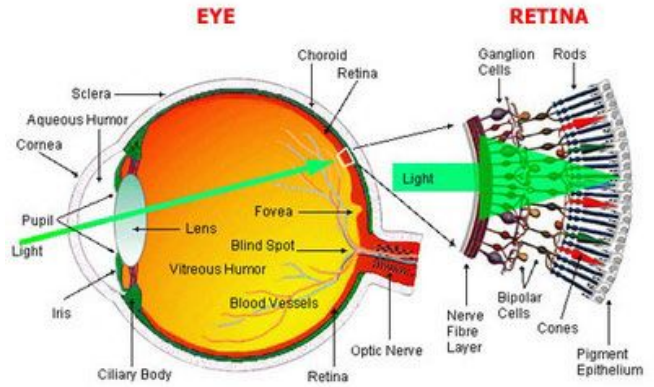
Have your eyes checked for diabetic changes at least once a year even if you can see well.

Diabetes is not only sight threatening but also life threatening disease if not detected early and managed well. It is a workable disease if you catch the devil young and are willing to change your life style. But unfortunately in India it is developing into an epidemic and is a real ticking time bomb. It has considerable medical, social, financial impacts. Half the battle can be won by creating awareness of disease and learning how to live with it. We need to have a multi-pronged approach with diet, drugs, exercise and life style changes-all in equal measures and as it is popularly said "Avoid hurry, worry and curry"

◆ **Diabetic Retinopathy**

Interestingly, for every patient who is known to have diabetes, has the disease but is unaware of it. It is a multisystem disorder, including cardiovascular disease, renal failure, peripheral neuropathy, and retinopathy which may lead to blindness

Diabetes mellitus is on the increase and seems to be emerging as a major public health problem for our country. Interestingly, for every patient who is known to have diabetes, another has the disease but is unaware of it. It is a multisystem disorder, including



Adapted from WEBVISION <http://webvision.med.utah.edu/>

cardiovascular disease, renal failure, peripheral neuropathy, and retinopathy which may lead to blindness. The relationship of diabetes mellitus and retinopathy is most interesting. It has been reported in the literature from the developed world that 20 years after the onset of diabetes, nearly all patients with type I diabetes (insulin-dependent) and more than 60% of those with type II diabetes (non-insulin dependent) will have some degree of retinopathy. However, this also depends on the degree of metabolic control of diabetes.



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Bipolar Disorder and Substance Abuse following Organ Failure

◆ Miss. Kanchan

Doctorate Student (Clinical Psychology, Amity Institute of Behavioral and Allied Sciences, Amity University Rajasthan)
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Cases of organ (kidney in particular) are not uncommon in geriatric population. However, it is not common in younger population. Many studies have been done on such cases and results were found that bipolar disorders are present in people with organ/kidney failure. Bipolar disorder can be described as a disorder of brain that causes shifts in activity levels, energy and

mood fluctuations that may disrupt your day to day activities.

In a case study by Gupta et al., (2008), on patients with renal failure who were on haemodialysis reported that one patient was aggressive and disruptive during his dialysis session and also impatient to the level where he used to ask for dialysis to stop. He sleeping patterns changed as he used to sleep less and also he was not following his diet and fluid restrictions. During his mental status examination he was loud, verbally abusive and non-cooperative so he was put on some medicines to calm him down and after reviewing his history, he was diagnosed with bipolar disorder. A thorough analysis of one such case is available due to investigator's distant relationship with the patient. The patient was reported to have kidney infection with effect from the early life. Gradually he fell in prey of several vices including smoking and alcohol. He became chronic cigarette smoker as well as alcoholic and after the kidney failure when he opted for a transplant, that too failed and that led him to abuse more alcohol and he also started taking other drugs. In one study by Quello et al., (2005), it was reported that it is common for a person to have Substance use disorders co-occurring with affective disorders and it also put an impact on treatment and prognosis. So when the patient was taken to a psychiatrist, he was diagnosed with bipolar disorder. He was also having suicidal thoughts and was sleeping less so he was put on some medications keeping his renal problem in consideration. Currently the patient is receiving psychological help and also following the medications that the psychiatrist prescribed and it is helping him cut down on his addiction and mood fluctuations.

So it is observed that patients with renal/organ failure feel hopeless regarding their situation. They tend to lose hope that their situation will ever improve so it is suggested that along with medical help and psychiatric medicines they should be seeking for psychotherapy or "talk therapy" as it is called, that includes **Behavioral therapy** that focuses on patient's behavior to reduce stress, **Cognitive therapy** that helps to identify and modify the patterns of one's thinking, **Interpersonal therapy** that includes relationships and also helps reduce the strain that the patient's illness has caused to them, **Social Rhythm Therapy** that enables the patient to develop the normal patterns of sleep and other daily routines and maintain them too. For patients of bipolar who have also developed substance use disorders should seek help for their addictions at the same time.

Screening for diabetic retinopathy should be mandatory for all diabetics as diabetes mellitus is now assuming alarming epidemic proportions in the developing countries due to an increasingly inappropriate diet high in fat and carbohydrates, sedentary life styles, and obesity. Hence, screening for retinopathy is important. This should consist of dilated fundus examination of the diabetics at least once a year.

Diabetes is an extremely common disease in India. Diabetes can affect tiny blood vessels in any part of the body. The eyes have many small blood vessels, which can be affected by diabetes leading to vision deterioration.

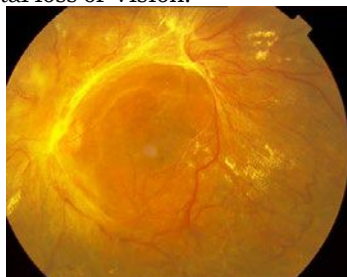
Eye complications cannot be avoided totally by strict control of blood sugar levels. Therefore even patients with well controlled diabetes need periodic eye checkup.

Diabetic patients require an eye check up every 6 months or sometimes even more frequently as advised by the eye doctor.

◆ diabetic eye diseases

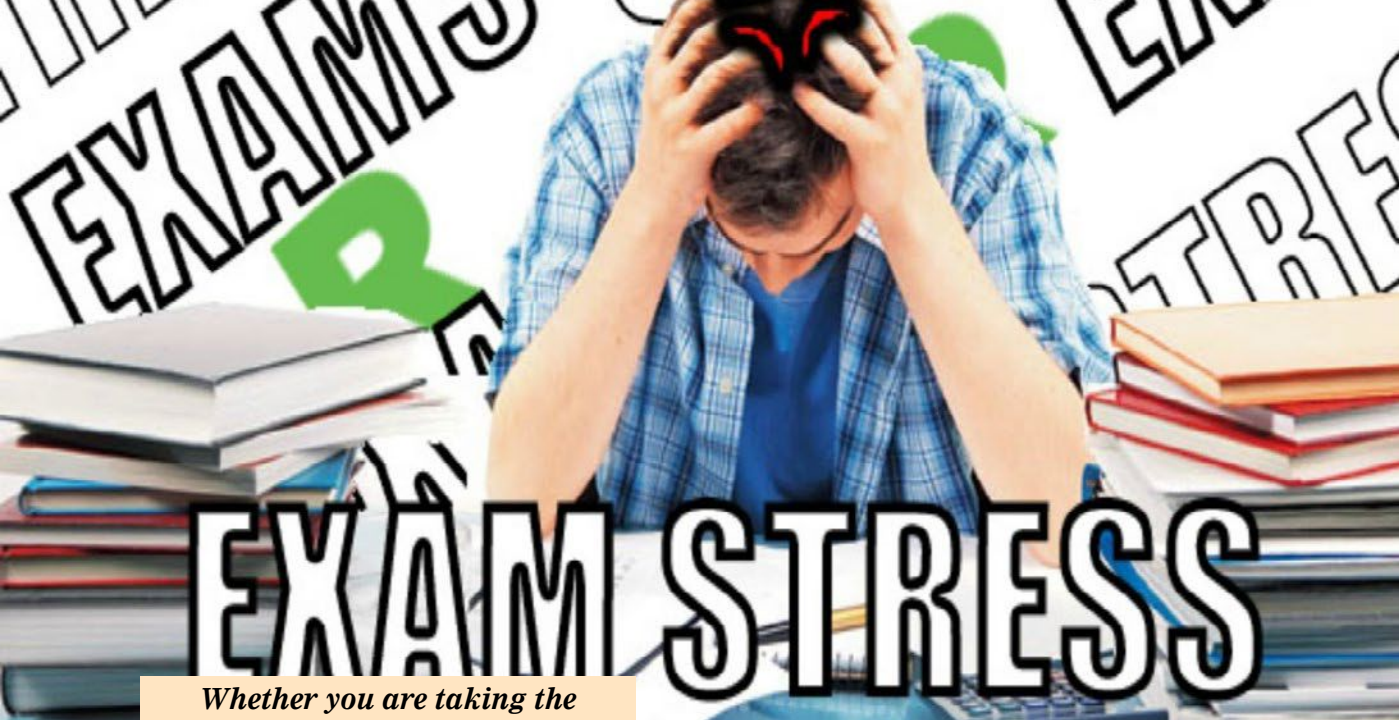
The foremost is diabetic retinopathy. Others related to diabetes include diabetic cataract, diabetic neuropathy and glaucoma (increased eye pressure).

Diabetic retinopathy is due to changes in the blood vessels of the retina leading to leakage from these blood vessels. This may cause varying degrees of vision loss from just a mild blurring of vision to total loss of vision.



◆ symptoms of diabetic retinopathy

Gradual or sudden loss of vision, distorted vision, floaters, flashes of light are the symptoms which the patient may experience. However diabetic retinopathy can also exist without any symptom. A thorough, detailed examination of the eye after dilating the pupil is absolutely necessary. Further investigations such as FFA, B-scan and OCT may be required.



Whether you are taking the Board Exams or forthcoming Medical Entrance Test or appearing for any other Entrance Exam, Don't you worry. It is wise to remember that exams are not here as punishment, just follow these simple tips to overcome Exam fever

Student Life

Exam Tension

Just Relax! Need not worry....

◆ Savitha M.

It is time that final exams are hovering over your kid's mind. Nervousness, long hours of study and mental exertion stresses your child out. In these conditions, most students have exam pressure. Some of the things that kids of standard I, II, III and so on complain are feeling weak in the legs, heavy breathing, shivering, puckish feeling, giddiness and things alike.

Exam Time means getting fretful and with number of sleepless nights and questions in the mind like Why am I studying, How to study etc. But we know output would be nothing by just getting tensed before and during the exam period. The world is highly competitive. To emerge successful, one needs to face it BOLDLY. Examinations are to check student's knowledge not to make a student scared

- Holding positive attitude and firm determination is very important to perform well in the exams and for this; you should focus on goal Setting and motivation, Long-term & Short-term goals and make a plan that works
- Second things to keep in mind is to improve your concentration power and learning skills by developing confidence and interest in subjects, fighting tiredness, time management.
- Sharpen your skills to solve the problems more quickly like by developing critical thinking ability, push past your limits and plan your answers.
- Think about Importance of Output, speed, strike rate etc. Most important thing is testing yourself before exam and for that you can appear in a test at home, get feedback. Highlight strong and weak areas.

- Keep Going with Cheering Thinking of NEVER, NEVER, NEVER GIVE UP and gain confidence
- Follow a patient approach while studying
- Keep your notes complete and maintained, Avoid repetitive reading
- Fix time and plans to study and don't get over worried
- Discuss your worries with parents
- Take proper rest and exercise , sleep well on the night before the exam , Eat well and Relax

Keeping in mind all the above steps, before and also while giving the exam, works like a THERAPY in exam FEVER.

Do mock tests: periodically, especially in difficult subjects. Rest, eat good food and freshen up: especially on the morning of your exam. It is a better way to face them than last minute cramming.

On the day of the exam: Relax, Remember God is Incharge....Reduce stress, sleep well, eat well and go early. Do discuss with your friends what you have prepared and what you have not. Have confidence, you will do well. Believe in yourself.

◆ Exam phobia

Not only students many adults suffer from exam phobia. They may be excellent at their work but when asked to prove their prowess through an examination, often they falter showing their vulnerability towards exams and exam related stress.

Competition has become an inseparable part of our lives and it is the fear of this competition that leaves us feeling unhappy, paranoid and worried. The fear of

Pg No. 41....

The PCOS Face with Beard & Mustache

The struggle with Hirsutism and its' Ayurvedic Management



So common among women, yet the cause is unknown to us. And we are still creating theories, doing experiments in laboratories and fighting with this unknown bull. It just to women with no cause what so ever, and then your life change for forever. Form one doctor to another, from one medicine to another, the struggle continues. You got me right; I am talking about the Polycystic Ovarian Syndrome (PCOS)- the puzzle of the century. For some women it is like a lifelong curse where they experience all the worst symptoms. Managing problems such as Irregular periods, or diabetes, or obesity, hair fall, acne and hirsutism (unwanted body hairs) is itself difficult and takes a whole life to manage them. Think about a person who has got it all at once. Many PCOS women say to me, 'I do not know how many births I need to take to overcome such difficult issues'. Well, in this article I am going to talk about hirsutism in PCOS and how Ayurvedic medicines can help you.

Neither all women with unwanted hairs have PCOS, nor do all the PCOS women suffer with these unwanted hairs on their body. Studies says, almost 80% of women with high levels of androgens (male hormones) have PCOS. By the name PCOS women generally believe there is serious problem only in their ovaries. They don't see the doctor unless the symptoms of PCOS start troubling them especially if it is something to do with their external beauty. Irregular cycles do not bother them as much as this particular symptom take over their self-esteem, make them depressed and anxious. And that troublesome symptom is 'Hirsutism-unwanted excess growth of hairs over face, chest and tummy'. Hirsutism is medically defined as the presence of terminal coarse hairs in females in a male-



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like distribution due to excess androgen activity.

Let me tell you a story of one of my patients named Neela (imaginary name). Neela was in in her early 20's when she visited me couple of months back. She was covering her head with a pink color silk scarf. I asked her, what brought you here to see me? Neela removed her scarf and showed me her chin and jaw line. 'Look at this doctor, I have done it all to stop it but nothing is helping me to overcome these excess facial hairs. I feel terrible and ashamed'. I enquired in bit detail about Neela's issue. She was not obese but definitely she had lot of fat around her tummy. I asked if she has been diagnosed with any medical issues, such as diabetes or PCOS?

She promptly said, 'yes, I was diagnosed with PCOD (age of 15) right after one year I had my first cycle. My cycle was irregular with very less flow. I was told that it takes time for a cycle to settle due to hormonal changes in my body. I did not care about that as my cycle became regular slowly however, flow was anyway less only. But one day, I was shocked to see 2-3 long thick hairs on my chin. Also, I started visiting parlor for threading and waxing frequently than ever. I was sure something was not right. I went to a nearby doctor with the complaint of thick and dark hairs on my upper lips, side of the cheeks and over chin area, she said anxiously'. These were only visible hairs. She also had such masculine hairs over her other body parts, which were easy to hide.

I was given some pills to regularize my hormones and asked to do some diet and exercises, although I was not fat at all. I took those hormonal pills (OCP) for one year. I was hoping to recover as I could see some flow during cycles and that heavy hair growth were thinning down. It was time to celebrate. I thought I am out of this curse and I will get my beautiful face back. But, good things never last long. As soon as I discontinued the pills, my skin broke down. I got much thicker and heavier hairs over my chin and this time they spreaded



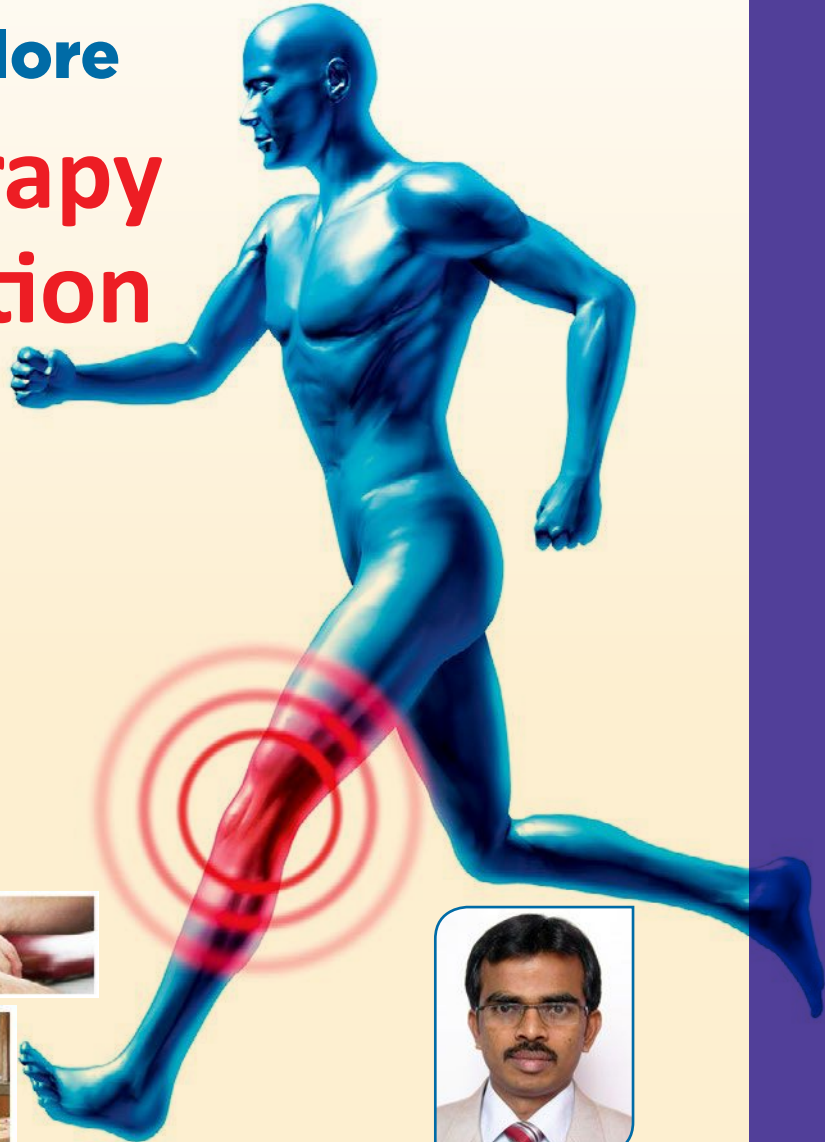


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although my jaw line. My mother took me to another doctor who diagnosed me with PCOS. I did not know what it initially. My mother thought I have got some serious problem. I was confused. Google came to help me understand it better. I remember, I had spent almost 1 week or two just reading about PCOS on internet. I was continuously asking myself, how on earth how got this problem. No one in my family had this. I accepted it as my bad karma and took medications given by the new doctor for 6 months. I was even bullied in my college for having such unnatural hair growth. I stopped all the medication and finally learned that there is no end to this. I concentrated on my carrier and forgot about PCOS. I even took some anti-androgen for 6 months with no better results. I will never forget those days. Leela stooped taking after saying this. She appeared frustrated and sad.

Looked like, Leela had finally accepted her defeat with PCOS. She just wanted some cosmetic relief with her facial hairs. I talked her about Ayurvedic concepts of looking at her health issues. I informed that Ayurveda does not look at an issue as a separate entity rather it takes a holistic approach considering you have got this issue and not just your body parts. You need healing and not just your face or ovaries. I asked, do you trust that Ayurvedic medicines would be helpful to you? She nodded quite positively. She said, I don't have any other option. At least I will not have any side effects with these'. I asked her to come back tomorrow on empty stomach to check her nadi and then I can provide her remedies for her health issues. She was wondering why I need to check her nadi when she just wants to get rid of facial hairs and not PCOS. She asked doctor please give me some ointments or powders so I don't see these hairs ever again. The quick solution is what everyone wants. Who wants to suffer from an illness for so long? Fair enough but there is a way to heal and not just to fix, I firmly advised her.

She agreed and came to me next day morning 9 am. I thought she would not come back considering I may take long time to heal her. Leela said, the only thing that bothers me more than anything is these facial hairs. I go to beauty parlor twice-thrice in a month to get a wax done. It is very shame full some times when my friends points towards to my chin and get curious to know if there is any wrong with me. I have also taken laser treatment but that did not help me to get my feminine face back, moreover I cannot afford laser, electrolysis and expensive hormones. Because of this facial hairs my relations friends and family is challenged due to myself low self-esteem. More over who will marry a girl with a beard and mustache. Please help me with Ayurveda. I have read all your articles and have full trust in you, she said with confident.

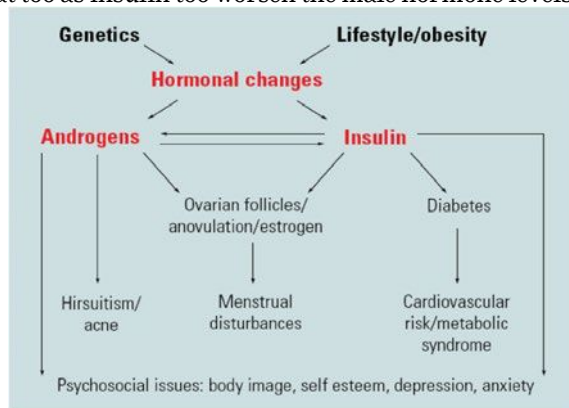
I do not know what was changed in Leela in one day. I checked her nadi and examined her as per Ayurvedic parameters. History taking is always important which describe both how the patients is and how the disease is. For Leela, it was severe Kapha and Vata imbalance. Her Pitta was too low, Agni was weak and lot of Ama (toxins) was collected in her gut. Leela was opened for the treatment. I explained her that she needs Panchakaram. This will help her to clean her body with abnormal toxins (AMA), support her Agni though Deepana and Pachana and then will start internal

medication. After 45 days of cleansing (Panchakarma), I gave her medicines which contained herbs such as harida, tulasi, ashwagandha, shatavari, yastimadhu, sharapunkha, Jatamansi, tankana, Cinamon, fenugreek and tulasi, Yasti, Shatavari, Gokshura, Varuna and guggulu. I also prepared a powder and oil for her to apply externally on her hair follicles of chin and jaw line after she waxes them which helped to reduce the thickness and growth of hairs. She took the treatment for 1 year with satisfied results, slowly I discontinued few herbs and she was able to manage her symptoms effectively than before with more positive outlook towards PCOS.

This is not the only story I have. Many young girls are now suffering with this issue. At times, I have seen them complaining about such abnormal facial hairs since they get mature. Well, that is serious agony. Also think about a young hard working professional who just got a high profile job in a reputed company is struggling to keep her face 'hair free'. And it seems her life will almost end if she does not wax or thread those long hairs over her chin. No one to blame!

You may already know is that this is all because of high levels of Androgens (Male hormone) in your body or so called 'too much active' testosterone. Androgens are known to be responsible for promoting hair cycles among men and women. Males generally have high levels of androgen and thus have larger hair follicles-mustache and beards etc. Every woman needs male hormone in their body to trigger their female hormone - estrogen to work efficiently. But if this male hormone is excess then that is where women start feeling symptoms of being 'masculine' - belly fat, hard skin, hair fall, growth of men like hairs over body and evens some develop deep voice like men.

For most women with PCOS this male hormone levels are higher than normal. Your doctor may recommend a simple blood test and may find that your free testosterone levels are high in your blood. However, hirsutism can be present with normal ovulatory function and normal androgens level. High levels of free testosterone in your body prevent ovulation and that's why you may not be getting pregnant if you are trying. If you are diabetic then you have got to work on that too as insulin too worsens the male hormone levels.



◆ Ayurvedic Management-

Ayurveda talks about Atiloma and Pushpaghni Jatharani which have symptoms like Leela explained. Acharya Kashyapa has given very precise description of Pushpaghni Jatiharini, which is almost having

the symptoms of PCOS as told by modern science. Well, I am not comparing the two distinct sciences but trying to find a bridge where you can come to an agreement with me. The reference goes like this-

“Vriitha pushpam tu yo nri yathakal prapashyati. Sthulalomashganda vpushpaghni sa api revati” (Ka S.K.6/32-33)

It is curable. Woman menstruate in time but it is useless (*vyathpushpa* i.e anovulatory cycle). She has corpulent and hairy cheeks – hirsutism; may be due to hyperandrogenism.

So what you need to overcome these unwanted hairs is to look after your hormones. Balance your doshas and Agni. The healthy diet will help you much extend. Use the anti-androgen that causes unwanted body hairs in PCOS. If you are obese then lose some weight. Check your blood sugar levels, if you are insulin resistance. Eat healthy food and excise’s to improve your insulin and glucose control. This will help your ovaries to reduce the male hormones’ secretion.

Let me talk more about Almonds here, research says that they tend to reduce the potency of male hormones-testosterone. Again, many women with PCOS have high levels of male hormones in their body. So, eat 5-6 almonds soaked the previous night and munch on them. For external application-apply haridra churna and chickpeas flour together on the hair follicles.

What your food should have- The best thing to start your day is to have Vata-Kapha balancing Ayurvedic herbal kashaya (tea).

- **Your breakfast** should have Kapha balancing foods, such as Barley or Horse gram soup, Whole wheat Roti, Ragi, and 1 handful of nuts/seeds. Avoid-fermented food items such as dosa, idli, vada and white rice early mornings.
- **Kapha balancing snack-** buttermilk is best with ginger, also can have 1 apple or papaya.
- **Lunch-** should have small portion of brown rice, lots of veggies or meat or sea food and salads.
- **Vata balancing snack-** in the evening it is best to the herbal tea again or handful of nuts/seeds or just 1 glass of milk.
- **Dinner-** should have lot of different vegetables and roti if required. Also can have cooked brown rice, quinoa, porridge, low sugar baked beans, red kidney beans, lentils or chick peas. Avoid having rice and heavy meals in the night.

◆ **Final words:**

Remember beauty doesn’t live in the physically appearance. It lies with a new it is more important to understand how do feel rather than we look. Your idea of femininity cannot be being perfect.

Beauty Tips

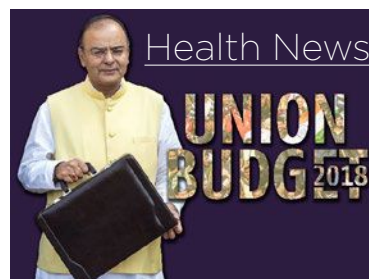
Change your looks.....

- Apply the juice of lemon skin to get rid of black colour of lips
- Mix lemon juice in barley powder and apply on figure joints to get rid off the darkness.
- For softer hands put them in whole milk for 5-10 minutes before beginning your manicure.
- Use a wide brimmed hat to cover your shoulders when out in the sun.
- Keep your shinning- skip a day or two between hair washes.
- Want lipstick to last longer? Store it in the fridge as heat and light reduce its shelf life.
- Message your skin with olive, mustard, and sesame oil before going to bed – this gives glowing to your skin in the morning.
- Don’t wash your hair more than thrice a week with or without shampoo
- Apply tomato pulp every day and wash the face after one hour – get rid of pimple scare
- Avoid using new cosmetic product without a patch test even if it claims to be suitable for sensitive skin
- For brittle nails : Avoid perfumed lotions that usually contain alcohol it only makes them worse
- To make lipstick last for long shade your lips with lip liner before applying lipstick.
- While drying hair with towel use the blotting techniques instead of rubbing it.
- Henna is a good scalp conditioner.
- Before applying makeup clean your skin to prevent block pores.
- Soak your nails in milk for 10 minutes thrice a week and watch them glow faster and becoming stronger.
- Nourish and moisture your skin: Mix 1 tsp each of grated carrot and dated apple put on your face for 15 to 20 minutes.
- Feet skin care: Don’t expose your skin to extreme climate cold or heat.
- One quick face pack: Mix honey, basin cream of milk and olive oil.
- A mix of crushed mint leaves and oats reduce pimples , leave it for 20 minutes and wash.



Ayushman Bharat for a new India -2022

- Announced Two major initiatives in health sector
- Announced Rs. 1200 Crore allocated for 1.5 Lakh health and wellness Centres
- National health protection Scheme to provide Hospitalisation cover to over 10 Crore poor and vulnerable families



The Central Government has announced two major initiatives in health sector, as part of Ayushman Bharat programme. The Union Minister for Finance and Corporate Affairs, Shri Arun Jaitely while presenting the General Budget 2018-19 in Parliament here today said that this was aimed at making path breaking interventions to address health holistically, in primary, secondary and tertiary care systems, covering both prevention and health promotion.

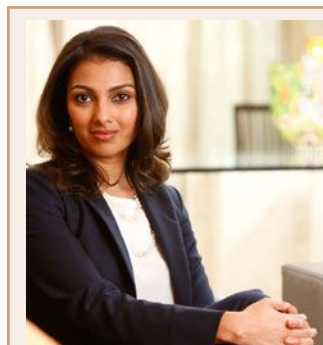
◆ The initiatives are as follows:-

(i) Health and Wellness Centre:- The National Health Policy, 2017 has envisioned Health and Wellness Centres as the foundation of India's health system. Under this 1.5 lakh centres will bring health care system closer to the homes of people. These centres will provide comprehensive health care, including for non-communicable diseases and maternal and child health services. These centres will also provide free essential drugs and diagnostic services. The Budget has allocated Rs.1200 crore for this flagship programme. Contribution of private sector through CSR and philanthropic institutions in adopting these centres is also envisaged.

(ii) National Health Protection Scheme:- The second flagship programme under Ayushman Bharat is National Health Protection Scheme, which will cover over 10 crore poor and vulnerable families (approximately 50 crore beneficiaries) providing coverage upto 5 lakh rupees per family per year for secondary and tertiary care hospitalization. This will be the world's largest government funded health care programme. Adequate funds will be provided for smooth implementation of this programme.

The Finance Minister further said, that these two health sector initiatives under Ayushman Bharat Programme will build a New India 2022 and ensure enhanced productivity, well being and avert wage loss and impoverishment. These Schemes will also generate lakhs of jobs, particularly for women.

The Finance Minister said, that in order to further enhance accessibility of quality medical education and health care, 24 new Government Medical Colleges and Hospitals will be set up, by up-



**Ms. Ameera Shah,
Promoter and Managing
Director, Metropolis
Healthcare Ltd.**

Overall, this has been a pro-people and a pro-poor budget. For the first time, Universal Health Care has got the impetus it needs. I am quite happy with the government's plan to introduce 24 new medical colleges. That is the only way to address the glaring lack of talent in the industry. The 1.5 lakh centres which will provide free essential drugs and diagnosis

is a welcome move and a step towards boosting the Government's National Health Policy. The flagship national healthcare protection scheme which will cover 10 crore, underprivileged families, is a highly commendable initiative. Through the budget, the government has definitely shown its interest in making healthcare more accessible and affordable through the Ayushman Bharat programme.

Another highlight of the budget has been the focus on fighting the ever-growing hazards of pollution from crop burning, promotion of gas connection in houses using wood fire for cooking, among others. By not just talking about healthcare, but its indicators as well, the government is definitely on the right track towards improving the sector across the country.

We truly hope that going forward, the government also has plans for utilisation management, financial monitoring, audit mechanisms and accountability.

grading existing district hospitals in the country. This would ensure that there is at least 1 Medical College for every 3 Parliamentary Constituencies and at least 1 Government Medical College in each State of the country.

National Nutrition Mission (NNM) has been approved by Government of India to monitor the growth of children and check the pilferage issue of the ration distributed by aanganwadis. The Programme aims to cover 315 districts in 2017-2018 with the implementation spread over 3 years with 235 districts to be covered in 2018-2019 and the remaining chunk in 2019-2020. It is estimated that by 2020 10 crore people will be benefited of this INR 9046.17 crores approved budget. Nearly 50% of the budget would be funded by International Bank of Reconstruction and Development (IBRD) and other multinational development banks and the rest shared between the centre and the state in 40:60 ratio.

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Mind the gap in generation

Eternally new generations have been condemned on various criteria barring few; however, they have been praised on parameter of advancement. Old generation blames the new one on account of forgetting cultural, disrespecting elders, for the degradation of relation, inability in coping up with combined family, not taking care of parents or doing the stuffs for just their own easiness. This is not something which you would observe in this age, albeit talk of it has taken place in each age; however the intensified prevalence is more now a days. So what goes missing that each generation crib on the same issue and face their consequences too. Although we teach moral science and respective social policies to each baby born on this earth, then what inhibits in imbibing the same to each grown up individual and when the time comes to living those learned knowledge they fail utterly. It might that you have dealt with it superficially without addressing the core part. Mental training cannot replace spiritual awareness which is the demand of each living organism.

The foundation stone of every society is based on FEAR and not on LOVE. If you look around every person is in a continuous process of threatening others. Although everyone knows that threatening is illegal, however this has been done on a very instinctive level which surely cannot be caught by common logic. If you will not attend my function, who will attend yours and similar stuffs are many and this logic goes to funeral march too. Everyone is doing well for others out of fear. What to talk about these practical and visible affairs when fear has been implanted for non existent god too.



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Everyone knows that family is the basic unit of society and this hidden threatening goes to family relations too. A father is threatening his child that if he/she will not behave according to him, then his support will not be there for him similarly a mother says her love will not be there if the child is not behaving in the way she wants. The instances are in abundance in day to day affair and this happens in such a way that even they are not aware that they are threatening their children. This very phenomenon of threatening gets coated in big words of love and care and future and all. It's just that parents are passing their insecurities and fear to their children because they fail in loving their ward in its totality.

Every child is born with certain potentialities and diversion from that creates a tremendous strain on the system. If we will see it from the perspective of spirituality and karma, then we can understand it better, however now genetic science also put forward similar theory. The probability of a gene is limited in a realm and time, which now a day's people are getting done through the genetic engineering too. But once created can be limited in effect and flowering of each bud is time bound which goes accordingly. Every individual is in search of something which will make them complete. Although this is an aberration in the understanding of spiritual expansion where every individual strive for best without meditatively grasping that this will make them round.

Almost all parents impose their experience upon the child. Knowing that every individual is different, a common approach will be misleading. They try to restrict their children with their understanding of success and failure, which could be a totally devastating ground for the growing child, if not then definitely



turmoil for tender mind. Each mind is different and therefore dealing with that should also be different, however you always learn from others ambitions. Psychologists too help in nourishing the mind, but again, they fail in rationalizing the incidence where they put some term and jargon. A boy loves his mother more, whereas daughter loves to her father since eternity, we have observed it, but after terming it as Oedipus complex and the Electra complex, Sigmund Freud has not helped humanity albeit he created more chasms in rationalizing the above relations. Terms and rationalization will not help acutely however realization is more important.

Our life is made up of small incidences clubbed together and the summed result gets shown in the final years of life. The graces of old generations reflect through compassion, but not with competition. The relation which is fuelled by fear ends in fear only. Parents who inhibited fear rather understanding bound to give the same. Whatever you have, you can give that only. When older generation gets the same in return it doesn't appeal them. Sometimes it goes very lowly which should not take place with any argument, however whatever is said here is in the realm of mind. People are fearful of giving love too. They think that if they will love their child without boundaries they will go haywire or become licentious. The same restrictions are seen with couples too. They love each other, but with restriction as they always think that I have to gain more or should have the upper hand. In this same complex a child is born and this goes in the same rut.

Our mental stamina for success has made a quitter for a relationship. You have been trained to fight and win so there is no space for sensitivity. Being sensitive is something wrong and counted as a drawback among people, although people love to talk about it but no one wants to have it. Maintaining relations require a bit of looseness so there is always a higher possibility that a looser will have a better relation rather than a winner.

Everyone is an utter failure without spiritual advancement or progress. Every parent tried to advance in worldly affairs. They put their heart and soul in it, ignoring the fact that there is no success in absolute till the comparison falls. When they fail in attaining that absolute success they envision it in their children, which is again a mirage. The gap between success and absolute success goes on and it gets passed through generations. In reality, this is the spiritual incompleteness which creates gaps between two generations. Without realizing spiritual awareness this will get reflected through various incidences and acts.

ForeZorba heard...

A king dreamt in the night that a dark shadow followed him and said that I am your death and came to warn you that tomorrow when the sun will be setting, I am going to take you from this earth.

This nightmare woke him up. Even knowing well that it was only a dream for securing himself, he immediately called the council of all his wise men, and particularly the royal astrologers, prophets, and told them the dream. He asked them the meaning of it.

All the wise men started arguing about the dream. However, they cannot come to any conclusion from the middle of the night till the morning. He became more and more confused because everybody was saying something different. And when the sun started rising, the old man who was like father to king and a sage whispered in his ear, "These great thinkers and philosophers and astrologers are used to argue as they did for centuries and they never care to conclude. I don't think they will come to any conclusion within twelve hours.

The king asked him, "Then what do you propose?"

He said, "Let them discuss; but you take the fastest horse in our stable and get away as far as possible from the palace. After the sun has set, you come back, but not before that." Further, he added that if these people will lend on some conclusion, I will follow you immediately. And you go towards Damascus, another capital of another kingdom. So I will know where to find you.

The king was convinced by the old man so he slipped quietly out of the palace with the best horse he had. The whole day the horse ran as fast as possible and even they did not stop to eat or even to drink water. They reached near Damascus, just outside the city, as the sun was setting. They stopped in a mango grove and as he was tying the horse to a tree, he patted it and he said, "You prove to be a great friend. You have never run so fast before; you must have understood my situation. And we have come hundreds of miles away."

As the sun was setting, he immediately felt the same hand on his shoulder from behind. The shadow was there and said, "I also have to thank your horse. I was worried whether you would be able to reach this place at the right time or not. That's why I had come to inform you. This is the place destined for your death, and your horse has brought you right on time."

Our all efforts even wise one takes nearer to our destiny so select every act with awareness and follow that consciously.

Courtesy: my master





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“We Can. I Can”- Unite to fight against cancer



Cancer, one of the most deadly challenges in 21st century, is fast spreading worldwide; it has now emerged as 2nd top leading causes of death, Heart disease being the first top cause.

Along with human growth in terms of modernization and urbanization the cancer too grew to a greater extent with respect to types, complexity, involving people from all race, regions and age.

◆ **World cancer day Feb-2018**

February 4th of every year is celebrated as “World Cancer Day” globally since 1933 under the direction of UICC (Union for International Cancer Control) and WHO. **World Cancer Day** unites the **world’s** population in the fight against cancer. This day was established specially to rise awareness against cancer among people, teaching them about healthy diet, regular and proper physical activity and a lesson on how to prevent themselves from the environmental carcinogens. The campaign for years 2016-2018 is held under the theme “We Can. I Can”.

‘**We can, I Can.**’ - is a theme adopted for three years 2016-2018, it explores how everyone-as a collective or as an individual-can do their part to reduce the global burden of cancer.

Just as cancer affects everyone in different ways, **all people have the power to take various actions** to reduce the impact that cancer has on individuals, families and communities.

World Cancer Day is a chance to reflect on what you can do, make a pledge and take action. Whatever you choose to do ‘We can. I can.’ make a difference to the fight against cancer.

◆ **What is Cancer?**

Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. One defining feature of cancer is the rapid creation of abnormal

cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs, the latter process is referred to as metastasizing. Metastases is a major cause of death from cancer.

◆ **Cancer statistics -worldwide**

- As per a recent WHO report, 8.8 million people worldwide died from cancer in 2015. That is nearly 1 in 6 of all global deaths.
- US\$1.16 trillion is the estimated total annual economic cost of cancer in 2010.
- **30-50%** of cancers could be prevented.

◆ **Cancer statistics - India**

- One woman dies of cervical cancer every 8 minutes in India
- For every 2 women newly diagnosed with breast cancer, one woman dies of it in India
- As many as 2,500 persons die every day due to tobacco-related diseases in India
- Smoking accounts for 1 in 5 deaths among men and 1 in 20 deaths among women, accounting for an estimated 9,30,000 deaths in 2010

According to the statistics, it has been noted that most of the cancer cases and cancer deaths (47% and 55% respectively) occur in less developed areas of the world. If it is not controlled, this condition may get worse by 2030. So, it is very necessary to get control over such situation at all the corners of the world.

◆ **Cancer Fact sheet- India**

- There are more than 100 types of cancers; almost any part of the body can be affected.
- **The five most frequent cancers (ranking defined by total number of cases) in India in men and women are breast, cervical, oral cavity, lung and colorectal.**
- Cancer is the second most common cause of death in India (after cardiovascular disease).
- Use of tobacco products (e.g. smoking cigarettes) are the

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single most preventable cause of death worldwide.

- More women in India die from cervical cancer than in any other country.
- Breast cancer is the most common cancer in women in India and accounts for about a quarter of all cancers in women in Indian cities.
- The average age for breast cancer in India is almost a decade lower than that in the West.
- Cancers of major public health relevance such as breast, cervical, oral and colorectal cancer can be cured if detected early and treated adequately.
- Cancers of the oral cavity as well as lung cancers due to chewing or smoking tobacco can be prevented.
- Cancers of oral cavity and lungs in males and cervix and breast in females account for over 50% of all cancer deaths in India.

◆ Common myths and facts about cancer

Below are listed some common myths and facts about the cancer among people which are necessary to be removed and to understand the reality about the cancer to get control over it.

- Generally people think that cancer tissues are just healthy tissue, however it is not.
- Common people think that cancer is a disease for wealthy and old age people however; it is a global and epidemic disease which can affect all age groups.
- Common people think that suffering from the cancer is like a punishment however, most type of cancers are now treatable.
- Common people think that having cancer is their fate however approximately 30% of the cases can be cured and prevented.

◆ Higher the Income Higher the chances of Cancer

- A survey conducted by WHO in 2015 shows that people belonging to upper-middle class and rich categories suffer with cancers of stomach, liver, colon & rectum and breast cancers compared to poor and low economic class people.
- This demonstrates clearly that occurrence of cancer is more common in rich, though the deaths due to cancer is more seen in people with low economy due to insufficient knowledge and money to get timely treatment.

◆ What causes cancer?

Cancer arises from the transformation of normal cells into tumor cells in a multistage process that generally progresses from a pre-cancerous lesion to a malignant tumor. These changes are the result of the interaction between a person's genetic factors with 3 categories of external agents, such as:

- physical carcinogens, such as ultraviolet and ionizing radiation;
- chemical carcinogens, such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant), and arsenic (a drinking water contaminant); and
- Biological carcinogens, such as infections from certain viruses, bacteria, or parasites.
- Tobacco use, alcohol use, unhealthy diet, and physical inactivity are major cancer risk factors worldwide.
- Ageing is another fundamental factor for the development of cancer.

◆ Can we prevent Cancer?

Between 30–50% of cancers can currently be prevented by avoiding risk factors and adopting healthy life style. Early detection of cancer plays a major role in cancer management. *See the picture depicting the warning signs of cancer which should be immediately brought to the attention of the physician.* Many cancers have a high chance of cure if diagnosed early and treated adequately.

◆ Role of Diet in Cancer

There is a famous saying in Kannada -ಉಟ ಬಲ್ಲವನಿಗೆ ದೋಷವಿಲ್ಲ, which means one who knows what to eat, how to eat, how much to eat, when to eat usually is free from disease.

◆ Foods that Increase Cancer Risk

- 1 out of 10 cancers (10%) may be linked to diet and over half of these are caused by eating less than 5 portions of fruit and vegetables a day.
- A diet rich in saturated fats, red meat and salt and poor in fiber is associated with increased risk of cancer. The people who eat more of red and processed meats are more likely to develop stomach and bowel cancers.
- The way we cook might also increase our cancer risk. Chemicals are released when we cook food at high temperatures which can damage body cells putting them at risk of becoming cancerous.
- Some studies have shown that the calcium in milk reduces the risk of bowel cancer, while others have linked high intake of dairy proteins with prostate cancer.
- Most additives, colors, flavors and sweeteners have not been found to increase the risk of cancers.
- Alcohol and pickled food consumption have been shown as independent risk factors for stomach cancers. Alcohol can increase the risk for a number of cancers including that of liver, mouth, bowel, throat, food pipe and breast.
- Other Indian foods associated with cancer risk are high rice intake, spicy food, and excess chilly consumption, use of soda and consumption of dried salted fish.

◆ Foods that Reduce Cancer Risk

- Insoluble grain fiber in coarse grains (e.g., rye, sorghum, maize, barley and millets).
- Micronutrients like vitamins and trace elements.

- Vitamins A, E, and trace minerals such as selenium, zinc.
- Vitamin-D and calcium are also found to give protection against colorectal cancer.
- Green tea and its compounds.
- Retinoids (found in orange and red vegetables and fruits like sweet potatoes, mangoes, pumpkins, peaches and carrots) have been found to inhibit cancer growth in epithelial tissues.

National Institute of Nutrition (NIN) recommends a diet that includes high intake of fresh vegetables, fruits, garlic and spices such as turmeric in adequate amounts for cancer prevention.

Cancer treatment — calling all Pathies to be united and adopt an Integrated approach....

I would like to quote this -- “The Physician’s high and only mission is to restore sick to health, to cure, as it is termed”, a quote from a book known as ‘Organon of Medicine, which tells about the fundamental principles, disease understanding, medicinal powers and application of medicinal knowledge to treat diseases through Homeopathy, which was written by 18th century German, Allopathic doctor Dr. Samuel Hahnemann who founded system of Homeopathy later.

As per this quote the main aim of the doctor is to cure the sick, to get him out of his suffering, which demands all kinds of skills and knowledge to be employed by physicians. A good willed doctor, who is concerned about patient’s welfare, should never hesitate to adopt/suggest a multidisciplinary approach in the challenging cases like cancer. Oncologists should work together with AYUSH physicians and vice versa. I am sure such an approach will definitely benefit cancer patients.

Unfortunately the current scenario is such that doctors of AYUSH and Modern Medicine have become rivals, we should realize that DISEASE is our common Rival who is growing stronger and we are losing our strength as Health care providers. Unless we unite and fight against challenging diseases like Cancer, Auto immune diseases etc, we will lose the respect from suffering humanity.

Role of AYUSH (Ayurveda, Unani, Siddha & Homeopathy) systems in the treatment of Cancer.

Ayurveda is the most ancient system of medicine, It can be said that almost all systems of medicine including Modern medicine have their roots in Ayurveda.

*“Gatra pradese kwachidev doshaaha
Sammruchhita manasamasruk pradushya
Vruttam sthiram mandrujam
Mahantamanalpamulam chirvruddhyapakam
Kurvanti mansocchrayamtyagaadham
Tadarbudam shastravido vadanti.*

This *Shloka* which tells about cancer (Arbuda in Sanskrit) is mentioned in ancient Ayurvedic literature called Sushruta Nidanastahan which says—

Due to vitiation of the flesh and blood by deranged and aggravated Doshas (vayu, pitta and kapha) a large vegetation of flesh appears at any part of the body which becomes rounded, immovable, slightly painful and has its root considerably deep in the flesh (affected part). This growth is termed as ARBUD by the learned physician.

Homeopathy system of medicine has adopted holistic

approach towards diseases like cancer. Homeopathy doesn’t consider cancer just as a pathological change in tissues or organs. A true homeopath assesses why a particular person is prone to cancer and why not others? It looks beyond tissue changes, laboratory findings.

According to Homeopathic concept, cancer is one of the manifestations of Syphilitic Miasm. (Miasm- A predisposition to disease).

◆ How Homeopathy can be helpful ?

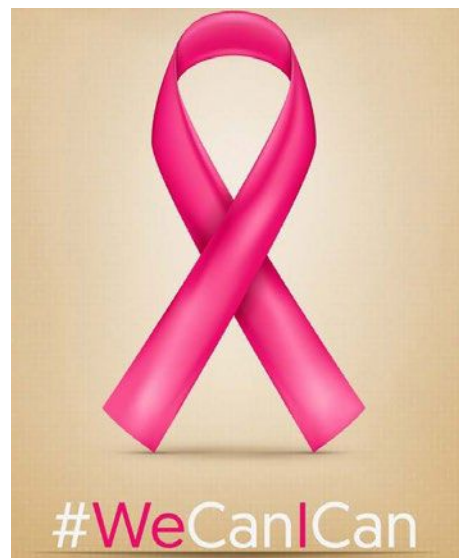
- Early stages of cancer can be effectively treated though Homeopathy
- Homeopathy can work in sync with other pathies to optimize the effects, so that cancer patients can be benefited to a larger extent.
- In terminal cases of cancer, where only palliative treatment is the choice, homeopathy can be considered as a main mode of treatment, as homeopathic medicines in minute doses do not cause any side effects.
- Homeopathy can be useful to counteract the side-effects of chemotherapy and radiotherapy (e.g.- nausea, vomiting, loss of appetite, weight loss, Hair loss, Anemia infections etc)
- Homeopathy can be useful in cancer patients where certain allopathic medicines are contraindicated.

Yoga & Naturopathy- the benefits of yoga and naturopathy methods is well known. The secret of longevity and healthy life of our ancestors is due to yoga and Naturopathic practices they adopted in their life. Healthy food habits and healthy practices definitely help to optimize our physical and mental health, thus can play a major role in prevention as well as in the treatment of cancer patients.

Siddha and Unani systems of medicine too can offer good benefits through their treatment for cancer patients. The healing properties need to be explored more and brought into the light.

So friends cancer is no more a dreaded disease, it can be prevented, early detection and treatment can cure it, and a cancer patient can live a long and happy life like anyone.

The medical fraternity, government authorities, private bodies and likeminded individuals and doctors should come forward and get united only then can we defeat this common enemy i.e., cancer and help thousands of people suffering from cancer.



WOMEN AND SEXUAL HEALTH



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People seem to want and need to be close to others. We want to share our thoughts and feelings with others and to touch and be touched. Just being physically near is important, but many of us also want to continue an active, satisfying sex life as we grow older. However, over time most people may find that it takes them longer to become sexually aroused. This is part of the normal aging process.

◆ **Sexual activity**

Sexuality is a part of every woman's life. All of our bodies have the potential to feel physical Excitement and pleasure. Sexual activity (sexual function) in humans is an instinctive form of physical intimacy. It may be performed for the purposes of biological reproduction, expressing affection, and for pleasure and enjoyment. The desire to have sex is one of the basic drives of human behavior.

Sexual health also means understanding body and how it works. Women who understand their bodies can make better choices about the sexual activities that they enjoy.

◆ **Frequency of sex in couples**

As the age advances sexual activities decreases. Following is the frequency of couples can have sexual activity under ideal circumstances.

- Teens – any time,
- Twenties – daily,
- Thirties – alternate days,

Forties – twice weekly,

Fifties – once weekly.

After sixties sexual activity decreases very much and becomes a rare event.

◆ **Factors affecting Women Sex**

- Sexual health of male partner
- Sexual health of women

◆ **Sexual health of male partner**

Any illness like heart attack, diabetes, hyper tension, accidents and other serious illness of male partner indirectly affects women sex.

◆ **Sexual health of women**

Sexual health is very important for women to have better sex life. Both mental and physical health can contribute to have good sexual life. Illness, disability, or the drugs take to treat a health problem can affect ability to have and enjoy sex. Following are some of the diseases which affect women sexual health

◆ **Arthritis**

Joint pain due to arthritis, back pain, sciatica can make sexual contact uncomfortable. Joint replacement surgery and drugs may relieve this pain. Exercise, rest, warm baths, and changing the position or timing of sexual activity can be helpful.

◆ **Chronic pain**

In addition to arthritis, pain that continues for more than a month or comes back on and off over time can be caused by other bone and muscle conditions, poor blood circulation, or blood vessel problems. These can interfere with intimacy between the partners.

◆ **Diabetes**

Women with diabetes have sexual problems. Some time it can lead to infertility also.

◆ **Heart disease**

Narrowing and hardening of the arteries known as atherosclerosis can change blood vessels so that blood does not flow freely. This can lead to trouble with sexual arousal in women.

Some people who have had a heart attack are afraid that having sex will cause another attack. The chance of this is very low. Most people can start having sex again 3 to 6 weeks after their condition becomes stable following an attack, if their doctor agrees.

◆ **Incontinence**

Loss of bladder control or leaking of urine is more common in women as age advances. Stress incontinence happens during exercise, coughing, sneezing, or lifting, for example. Because of the extra pressure on abdomen during sex, incontinence might cause some people to avoid sex. But it can be treated.

◆ **Stroke**

The ability to have sex is rarely damaged by a stroke. It is unlikely that having sex will cause another

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stroke. Someone with weakness or paralysis caused by a stroke might try using different positions or medical devices to help them continue having sex.

◆ **White discharge (Leucorrhoea)**

Leucorrhoea, refers to a whitish discharge from the female genitals. It is an abnormal disease condition of the reproductive organs of women. The condition may continue for weeks or months at a time. If not treated properly in the initial stages, it may become chronic. It can cause pain during intercourse, low back ache, vaginal itching, and burning sensation. All these may

interfere with sexual activity.

◆ **Vaginitis**

Vaginitis is described medically as an irritation and/or inflammation of the vagina. Vaginitis is a very common disease affecting millions of women each year. The three most common vaginal infections are bacterial vaginosis, candida vaginitis and trichomonas vaginitis.

Vaginitis may cause Pain/Irritation with Sexual Intercourse.

◆ **Pruritis**

Pruritis is the medical word for itch. It is defined as a sensation that provokes the desire to scratch. Itching can be a significant source of frustration and discomfort. When severe, it can lead to loss of sleep, anxiety, depression and may lead to decreased libido.

◆ **Painful Sexual Intercourse (Dyspareunia)**

Pain during or after sexual intercourse is known as dyspareunia. Although this problem can affect men, it is more common in women. Women with dyspareunia may have pain in the vagina, clitoris or labia. There are numerous causes of dyspareunia, many of which are treatable.

◆ **Causes**

Common causes include the following:

- Vaginal dryness
- Atrophic vaginitis, a common condition causing thinning of the vaginal lining in postmenopausal women
- Side effects of drugs such as antihistamines and tamoxifen
- An allergic reaction to clothing, spermicides.
- Endometriosis, an often painful condition in which tissue from the uterine lining migrates and grows abnormally inside the pelvis.
- Inflammation of the area surrounding the vaginal opening,



- Urinary tract infections, vaginal yeast infections, or sexually transmitted diseases.

◆ **Fibroid Uterus**

Uterine fibroids are tumors or growths, made up of muscle cells and other tissues that grow within the wall of the **uterus** (or womb). Although fibroids are sometimes called tumors, they are almost always benign (not cancerous). Fibroids can grow as a single growth or in clusters (or groups). Their size can vary from small, like an apple seed (or less than one inch), to even larger than a grapefruit, or eight inches across or more. Some time they can cause pain during sex.

◆ **Premenopausal Syndrome**

Menopause is part of the normal life cycle of women. When a woman has passed through menopause, her monthly periods end, and she no longer can get pregnant naturally. It usually occurs around age 50. During that time hormone levels can be higher and lower than normal. It can lead to Problems with dryness, itching, pain during sexual intercourse, or irritation of the tissues in and around the vagina;

◆ **Obesity**

Being overweight increases the risk of many diseases and health conditions, including

Hypertension, High cholesterol, Coronary heart disease, Diabetes, Stroke, Gallbladder disease, Osteoarthritis, Asthma, etc. It can lead to infertility and decreases the libido.

◆ **Medications**

Some drugs can cause sexual problems. These include some blood pressure medicines, antihistamines, antidepressants, tranquilizers, appetite suppressants, diabetes drugs, and some ulcer drugs like ranitidine. Some drugs can reduce a woman's sexual desire. Taking some drugs can decrease the libido.

◆ **Surgery**

Some surgeries like Mastectomy, Hysterectomy can decrease the sexual activity of women.

◆ **Emotional aspects**

Sexuality is often a delicate balance of emotional and physical issues. Emotional aspects of women like anxiety, depression, loneliness, family matters can contribute greater towards her sexual life. It may also lead to decrease in sexual desire in women.

◆ **Treatment**

If one seem to have a problem that affects sex life, talk to doctors. He or she can suggest a treatment depending on the type of problem and its cause. There is a lot can do to continue an active sex life.

- Follow a healthy lifestyle, do exercises regularly,
- Eat good food, drink plenty of fluids like water or juices,
- Quit smoking, and avoid alcohol.
- Try to reduce the stress in life.
- Consult doctor regularly and keep a positive outlook on life.

◆ **Conclusion**

Each woman values different things in her sexual and intimate relationships and enjoys different sexual activities. Being aware of your values and desires can help you make decisions that are right for you. We all experience the physical and emotional elements of sex differently. Take some time to learn about your sexual self.

New Hope for Cancer Patients: World Famous LANEX-DC® Immunotherapy, now in India

-Immunotherapy with dendritic cells is a combination therapy that helps body's own defences fight cancer cells introduced by LDG India in Country

◆ SPOTLIGHT ON THE TREATMENT

The facility provides a special type of vaccination, required to treat any type of cancer (except-blood cancer), at any stage.

A unique vaccination is made from patient's blood and infused in the body which boost their immunity and help in curing the disease naturally.

LDG India provides the cancer treatment through only 1 dendritic cell rich dose which takes a total of one week to process.

A patient can take the vaccination while taking chemotherapy, it will averse the side effects and help a patient live a routine life.

One of the most innovative and advanced cancer treatments, Immunotherapy with dendritic cells infuses a new ray of hope for the cancer patients in India .Countless research and treatment facilities worldwide have increasingly turned towards this dendritic cell therapy; many modern nations like USA have well accepted and approved this treatment.

India is not far behind as this treatment has already been in use for a while. And now with more advancement where the treatment will be done in one cycle will be provided by Germany based doctor "Dr. Frank Gansauge" in India.

Treatment with dendritic cells is often used when conventional therapies have not been successful. This treatment has been recently introduced in India and many patients have been cured with encouraging results under the supervision of renowned Oncologist.

For most types of cancer, however, there exist standard treatments which have been developed over decades. It is recommended to make use of these treatments and supplement them with immune therapy, since it is known that tumour cells damaged by chemotherapy or radiation are much easier to destroy with immune cells than undamaged tumour cells.

In India LDG India has initiated this medical facility in collaboration with the renowned Germany based laboratory "Dr. Gansauge".

"We are proud of the medical advancements and with Immunotherapy cancer patients are surely going to benefit as this treatment has largely proven its effectiveness worldwide." says Mr. Tapesh Singhal, Director, LDG INDIA who has taken the baton forward to introduce this medical facility in India and Indian Subcontinents (except China).

At present Cancer is taking thousands of lives every year worldwide including India. About one hundred different types of cancer are known in humans, and all are different from one another such as the average age at which they appear, the growth rate and the tendency to metastasize. Therefore, it is rather questionable whether a single main cause for the development of cancer will ever be identified.

Scientists working on immunotherapy have basically taken a diverse route by tricking the body's own defences into combating the rival cancer within. For centuries, this has been an aspiration of medical scientist which has become a reality.

The effectiveness of a treatment with dendritic cells could be proven in the case of skin, kidney, breast, pancreatic, colon, ovarian and prostate cancer, and other cancers.

Dosa Recipes

Sago Dosai

Ingredients

rice flour 3 cups (or u can grind cleaned and washed rice to get the same qty)
sago 1 cup
curd to soak sago
4-5 green chillies
chopped fine

Method

Wash the sago in water first. Soak it in sour curd for 2 hrs. Grind to a smooth batter and mix with rice flour and add salt.

Add coconut (fresh), green chillies chopped fine, mustard seeds popped in oil.

Note:

If you are grinding rice, grind rice first and then sago. Can use to make dosas the same day or next day. They come out very crispy and tasty. Use a nonstick tava to pour dosas (preferably). You can chopped onions too if u like.



Buttermilk Dosa

Ingredients

1/2 cup maida
1/2 cup rava
1 cup rice flour
1 cup buttermilk
1 tsp jeera
1 green chilli (finely sliced)
chilli powder
salt
hing

Method

Mix the three flours together in a vessel . Add chilli powder, green chilli, jeera, hing and salt .

Add buttermilk and mix all the ingredients. The mixture should be in the consistency of dosa batter.

If the consistency is too thick add water and mix it.

Make dosa's with the batter and serve with chutney.



No more Endometriosis

Ayurveda shows the way



From my Diary

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Managing pain in endometriosis using Ayurvedic wisdom

Pain is one of the most important symptoms to be managed in women with endometriosis. Ayurvedic treatment strategies and prescription medications make this condition more manageable. Keep reading this article to find out what you can do to ease pain when you have endometriosis.

Menstrual pain /cramps is called as Dysmenorrhea. It usually starts around the time of menstruation and may last for three days and is felt in the lower abdomen. The cause of the pain may be due to an underlying reproductive disorder like endometriosis or due to improper movement of Apana vata bioenergy where the muscles of the womb /uterus squeeze and contract harder than normal to shed the thickened lining of the endometrium which usually happens during a menstrual cycle.

◆ Are all period cramping the same?

No; some cramps which occur during periods usually in the pelvis can occur without an underlying disease and sometimes these pains are expressed with

an underlying disease. A physician usually decides whether it is due to a pelvic disease or not by taking history, doing a physical examination. It is only after this a treatment plan can be tailored to alleviate the condition causing pain.

◆ Is the pain severe even without a pelvic disease?

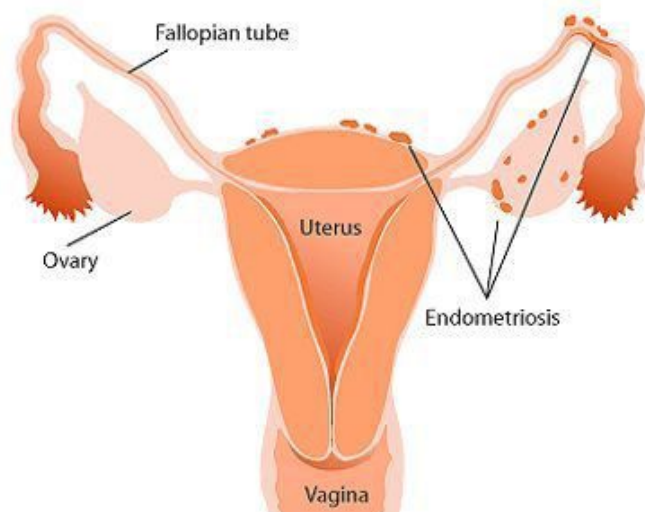
Yes pain can be severe and this type of pain usually occurs after ovulation has begun 6 to 12 months after attaining menarche/the first sign of having menstruation. The pain generally starts several hours before or with menstrual flow, lasts from hours to days and abates within 48 hrs to 72 hours. Pain is usually spasmodic located in the lower abdomen resembling labor pain. The pain frequently radiates to either the back or the upper thighs. 90% may have nausea and vomiting. 8% may have fatigue, 60% have diarrhea, 60% have low back pain, 45% have head ache, fainting, dizziness and nervousness.

◆ Diseases considered when evaluating Dysmenorrhea

Endometriosis /endometritis, ruptured ovarian cyst, chronic pelvic pain, miscarriage, hemorrhage from or into the ovarian cyst, torsion of the ovary, ruptured ectopic pregnancy, appendicitis, pelvic inflammatory disease, intestinal colic, renal colic, biliary colic, adenomyosis.

◆ Important information got from history:

- What aggravates or alleviates the pain. Weather related to the menstrual cycle or stress, continuous or intermittent, characteristics such as quality, severity, and regions, as well as radiation of pain are important factors to be considered.
- Menstrual history may give insight as to the duration of discomfort and at which part of menstrual cycle it occurs.
- A history of endometriosis may be significant since this may cause scarring and adhesions that may give rise to pain.
- Sexual history may reveal introital pain dyspareunia; vaginal spasm may be due to inflammatory reaction or scarring or may have a psychological origin. A history of sexually transmitted disease or pelvic inflammatory





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ಪ್ರಮಾಣ : ಮುಟ್ಟಿನ ಮೂರು ದಿನಗಳಂದು ಪ್ರತಿನಿತ್ಯ 3 ಕ್ಯಾಪ್ಸೂಲ್‌ಗಳನ್ನು ಸ್ನಾನದ ಮುನ್ನ ಸೇವಿಸಿ, ಇದೇ ರೀತಿ ಮೂರು ತಿಂಗಳು ಪುನರಾವರ್ತಿಸಿ.

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disease is related because these may lead to adhesions

- Is there association of pain in other areas of the body including the lower back gastrointestinal tract urinary tract .Radiation of pain may be important in ruling out other etiologies of pain including neuropathy or radiculopathy .
- Previous operative procedures or abdominal pain or pelvic infection may be significant for adhesions and scarring in the area.

◆ What are the most common symptoms of endometriosis?

Endometriosis is a complex and misunderstood condition where the tissue cells lining the uterus / womb in the female, grow outside the uterus and on the areas in the body like on ovaries, fallopian tubes, tissues that hold the uterus in place and outer surface of the uterus .The subject having this condition experiences severe pelvic pain -Dysmenorrhoea as one of the complaints. The degree of pain does not predict the severity of the disease because some proportion of women having this problem may not have pain. Other symptoms include increased tissue and peritoneal fluid levels because of vitiation of blood tissue and vata bioenergy ,infertility ,anatomic distortion with severe endometriosis ,dysparaunia /difficult or painful intercourse Dyschezia /constipation associated with a defective reflex for defecation and abnormal uterine bleeding

◆ Physical examination important in diagnosing pelvic pathology

A vaginal rectal and recto vaginal examination is performed in an attempt to reproduce pain During bimanual and rectovaginal examination areas of tenderness is evaluated by accessing the thickness of the utero sacral ligaments which are commonly thick and tender in endometriosis .Adnexal or uterine tenderness as well as mobility should be accessed. Infection and scarring from endometriosis can affect normal mobility as well as thicken and damage tissue.

◆ What is the Picture of patient with severe pain?

- Severe abdominal pain
- Restlessness
- Nervousness
- Perspiration
- Vertigo
- Rapid and shallow respiration
- Increased pulse rate

◆ Line of treatment when patient comes with severe pain?

- Eliminate cause of severe abdominal pain.

- Sarvanga-entire body / Ekanga -specific organ oil application. Oils with vata bioenergy pacifying effect like Mahanarayana taila, Dashamoola taila , Pancha guna taila are made warm and applied followed by fomentation with a bolus have cooked herbs with vata bioenergy healing effect. Give dry fomentation where there is underlying toxin accumulation.

- Depending on the strength of the patient cleansing therapies like vamana-vomiting ,virechana -purgation ,bastis-enemas ,mild moderate or intense are prescribed .This depends on the strength of the disease and the immunity strength of the patient.

- Palliative treatment depends on bioenergy /Doshas involved .If there is toxin/ama accumulation flushing out therapies ,digestive therapies , fasting ,digestive promoters are given
- Pain relievers with pain relieving adjuvant in the form of after drink help subside the pain.
- External plasters alleviate and give a soothing effect to the sufferer.

◆ How is pain understood before tailoring the treatment plan?

Though all pains are due to abnormal activity of Vata bioenergy the severity and type of pain depends of the bioenergy variations.

- If in Dysmenorrhoea vata bioenergy is involved there will be intense cramping occurring just before the onset of flow or before the flow starts .These women manifest lot of stress, anxiety and insomnia low back pain and constipation occurring during the week or ten days before the onset of menstruation.
- If Pitta bioenergy is cause of dysmenorrhoea it displays the symptoms of excess pitta in the system like menorrhagia. In its more severe forms mood swings are expressed as out bursts of anger out of control before menstruation .Depression, mood swings, suicide thoughts, irritability, cravings of sweets and chocolates are all signs of pitta involvement. When the Sara guna/ of pitta is intensified the ranjaka pitta/a type of Pitta bioenergy can overflow from the liver, collect in the pelvic cavity causing excess pitta cramps and menstrual bleeding. The soreness/ tenderness of the muscles and severity of the attack can force the menstruating women to keep on bed as long as bleeding lasts. Symptoms of menorrhagia including soaking through a pad every hour or less passing, large clots woken up at night by excess flow, feeling breathless or dizzy during the flow as a result of excess bleeding.Hormone replacement therapies can provoke pitta and cause excessive bleeding .When mrudu/delicate quality of pitta is in excess the skin joints and blood vessels and elasticity of skin are prone to bruises and can lead to heavy menstrual bleeding. When serum iron is low then blood vessels are unable to constrict effectively to stop bleeding.
- Kapha dysmenorrhoea cause dull ache, nagging pain, heavy congested blood, lethargy, fogginess and gentle low impact exercises help these women to start circulation and relieve heaviness .These

women have fluid retention, crying tendencies, fatigue lethargy.

◆ **How is the pain addressed?**

Women experiencing Vata type of dysmenorrhoea need a gentle massage /abyanjana with vata helping oil and swedana /fomentation locally given in the form of sitz bath with vata smoothening herbal decoction.

Vata doshahara basti with the ten herbal root decoction and followed by sneha basti /oil enema like mahanarayana taila which promote the movement of vata bioenergy are generally prescribed.

Herbs having smoothening actions on the nerves help relieve stress related symptoms e.g. Bala root or Aswagandha root powder with milk in combination with a mild laxative like snigdha beeja churna to reduce the dry quality of vata bioenergy.

To control the intense and disabling cramps Guggulu preparations like yoga raja Guggulu or mahayogaraja Guggulu is given with an intention to calm down vata bioenergy systematically and improve its movement and contraction ability along with herbs like vidari gandha .Remember these herbs do not act as pain killers and hence should be taken every day till you get the desired effect.

Enemas /bastis help remove trapped vata bioenergy in the artava dhatu /menstrual tissue.

For Pitta type Of dysmenorrhoea clients need to be handled delicately.

Start addressing their mood swings with like herbs brahmi which elevate their be happy feeling .Shatawari kalpa is the prescription for these type of women.

Giving pitta type of breasts massage with coconut oil relieves there soreness. Diet specifically to

soothe the Pitta like avoiding sour fruits (but amalaki is recommended) and Spicy pungent food.

To reduce the intensity of pitta guduchyadi basti and virechana/purgation with Eranda taila /sukumara Rasayana.Kumari preparations like kumara Asava is generally given for pitta type of dysmenorrhoea.

Guduchi addresses the root cause of excess ranjaka pitta Shatawari balances and reduces pitta , gulkand is astringent and reduces excess bleeding , Asoka reduces menstrual cramps , hibiscus balances the reproductive system, Twak/Dalchini works as an emenagogue, musta and kirata tikta for pitta PMS and also for the yeast infection

For Kapha type of dysmenorrhoea give a diuretic like gokshura or punarnava.

Herbs like Triphala and bibitaki help to remove and flush out kapha toxins from artava and fights fatigue.

Hot plasters /packs can give relief from congestion.

◆ **Create a mechanism to deliver heat to your aching muscles:**

Ayurveda is known for amazing external therapies for relieving pain. Some common combinations given below have to be made warm and applied.

- Deva darvyadi lepa; combination of devadaru, vacha, kusta, somp, and hingu.
- Wheat flour and yavakshara is to be triturated with butter milk and applied.
- Mustard seeds, drumstick stem, with butter milk.
- Hingu fried in ghee is triturated with water and applied on the belly button.

The information given in this article is only for education purpose and is not a substitute for physician's advice.

....Pg No. 21

being put to test can be quite stressful for many people. This affects them adversely and they fail to perform to the best of their ability. However, some positive steps may help the examinees to reduce their stress and assist them in achieving their target

Students who do not regularly indulge in physical exercises or meditation are advised to bring about a slight change in their daily routine at least 1 month prior to their exams. Try to wake up as early as possible based on your sleeping habits. Then for half an hour sit quietly with your legs folded and close your eyes. Forget everything and concentrate on your papers/ subjects you'll be appearing for in the forthcoming exams. Try to evaluate your position, how much portion of your studies you have completed and how much is yet to be finished. Then decide which topics you want to complete on that day. For half an hour, you should not think of anything but studies. This will serve a dual purpose. First of all, for half an hour you focus remains on your exams only, serving the purpose of meditation. Since meditation is nothing but keeping your focus on one particular thing and forgetting the rest. Many people find it hard to meditate since their mind is always thinking about multiple things at a time. They find it hard to concentrate on any one thing even for half an hour. Secondly, since you are thinking of your studies only, mentally you are devising a target which you intend to achieve on that day. This helps to plan your studies daily.

Remember, there is no short cut to success. However, for those late birds, the above practices would surely

help them a lot, if followed truly for at least a month prior to the exams. If followed regularly, there is no doubt that you'll reap richer benefits.

◆ **Parents please, help your kids**

The question here is that as parents can you help kids with this situation or assist them with homework help? What can you do to reduce their tension and anxiety? How should you make them feel relaxed so that your kid can write the exam paper well? Can you help them cope up with the pressure tuitions and school throws at your kids? Managing and performing under stress is also an art. In fact there are many institutions that conduct stress management workshops.

This is what parents can do to help their children during exam days –

- Encourage a brisk walk. Parents may feel that with studies your child does not have time for a brisk walk but a 15 minute walk can indeed do wonders to bring back that energy in your child.
- A six-eight hour sleep is a must. Sleep is a great relaxation technique and it helps you retain all that one has learnt. In case of a continuous series of exams, a half an hour nap after returning home from one exam can help you prepare for the next one with refreshed mind.
- Do not encourage your child to eat oily and junk food especially during exams. They tend to make one feel lazy and drowsy. Even listening to some light music for 15 minutes before going for an exam can help you relax and succeed in the examinations.

VALENTINE'S DAY - Carefree love and health

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◆ N.V Ramesh
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Nowadays more than 50 million roses are given for valentine's day, every year on 14th February. Every year there will be some people who do not receive any cards, flowers or gifts. Do you know, one teenager bought 900 carnations and gave them to all the girls at his school?. On valentine's day, companies sell sex coupons for fun, excitement and over all pleasure. Already there are so many advertisements in Bangalore, regarding many ways to say, **I love you this valentines day**. The city's restaurants, eateries, dance and music bars have a bazillion choices for you. They tempt you to explore and experience night life, in valentine's day events in Bnagalore.

Dear Readers, do you know who is this st. valentine and how is he connected with valentine's day? How this allow world celebration came through the ages, and how this is connected to health of ignorant and innocent youngsters lives? Do you think there is some difference, in emotions between parents of west and parents of India? Many of our Indians are staying in westen countries. Several of my nearest relatives have settled in London, Newyork, California, Singapore, Dubai, Switzerland and so on. Though they went abroad for their childhood, they had Indian traditions.

But many children who took birth in abroad, are living amidst a different culture, as soon as they took birth there. There is some confusion in the minds of such parents, who want these children to continue Indian traditions, but are unable to restrict and control their children from western way of life, especially issues connected to dating, love, marriage, pre -marital sex and relations. The observance of valentine's day is also one such festival of love and romance. I have collected following details from various sources, just to pass on this information to you. Neither I am for this, nor I am against this. To observe, or not to observe this day and week is your final decision.

Youngsters and youth in western culture think that, valentine's day is for lovers and to do romance. Valantine does not mean they would be only a boyfriend, or a girlfriend, but the person who is more important than any other one in your life, is your valentine. For someone it can be his /her father, his / her brother or sister and valentine can be his /her best friend. From 7th Feb. valentine week commences. 7th is Rose day, 8th is propose day, 9th is chocolate day, 10th is Teddy day, 11th is promise day, 12th is hugday, 13th is kissday, and 14th is valentine's day. The popular customs of showing love and affection on st. valentine's day is almost a coincidence, with the feast day of the saint. During the medieval age a Common belief in England and France was that, birds began to pair on February 14th, half way through the second month of the year. **Chaucer** wrote in old english "**on this day -every foul cometh ther to choose his mate**". For this reason the day was dedicated to lovers, and prompted the sending of letters, gifts or other signs of affection .Some say **st. valentine** was a priest from Rome, who



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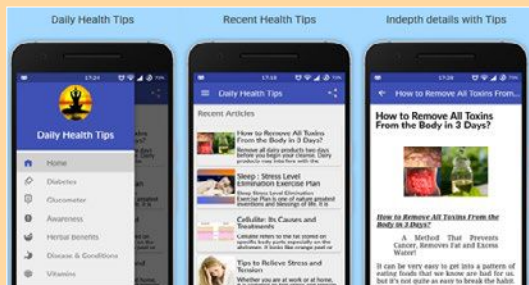
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would become a **couple**, joining in erotic games at feasts and parties celebrated throughout Rome. After the festival, they would remain sexual partners for the rest of the year. This custom was observed in the Roman Empire for centuries.. Finally the restored church of god declare that Christians donot celebrate st valentine's day. **Cupid** is the **God of Desire, Erotic Love, Attraction** and **Affection**. He is often portrayed as the son of the **Love Goddess Venus**, and the **war God Mars**. In Latin cupid is love. His Greek counterpart **Eros** and is just are of the ancient symbols associated with the st. valentine's day, along with the shape of a **Heart**,

lived in the third century A.D. **Emperor Claudius II** had banded marriages, believing married men made bad soldiers and st. valentine is thought to have arranged marriages in secret.

He was imprisoned and sentenced to death for his crimes. There st. valentine fell in love with the jailors daughter, and sent her a love letter signed "**from your valentine on February 14th**", on the day of his execution, as a good bye. As per the information got from **The restored church of God**, background of this day can be traced back as follows. As innocent and harmless as st. valentine's day may appear, it's traditions and customs originate from two of the most sexually perverted pagan festivals of ancient history. **Lupercalia** and the feast day of **Juno Februata**. Celebrated on February 15th, **Lupercalia** known as the festival of sexual licences, was held by the ancient Romans in honour of **Lupercus**, God of fertility and husbandry, protector of herds and crops and a mighty hunter especially of wolves. The Luperci believed that the floggings purified women and guaranteed their fertility and ease of child birth.

February derives from februa or means of purification. To the Romans, February was also sacred to **Juno Februata**, the **Goddess of febris** (fever) of love and of women and marriage. On February 14th billets (small pieces of paper, each of each had the name of a teen- aged girl written on it) were put in to a container. Teen -aged boys would then choose one billet at random.

The boy and the girl whose name was drawn,



Doves and the colors **Red** and **Pink**. Valentine's day became commercial, from the middle of the 18th century.

cleo Tiller a digital producer, quotes a recent survey conducted by SKYN condoms, which polled more than 5000 men and women. 73% of millennials reported having sex, last valentine's day. **Stephanie Buchler** a psychologist and sex therapist in Newport beach California says, in reality she tends to receive more distressed phone calls, the week before and after this holiday. yes, fraught with expectations of love and romance, valentine's day often invites the nemesis of sexual bliss, pressure and anxiety. According to biological anthropologist, **Helen Fisher**, biologically November births aren't adaptive. She does not believe the cultural forces of the holiday, are enough to get youth in to bed. The holiday is focused on romance, gifts, sweets and dinner – not sex. **Joshua Gans** an economist and author of parentonomics says, when youngsters plan the dinner date, the gift, they are definitely planning for contraception. sex columnist, author and podcaster **Dan Savage** wrote in 2014. "A romantic meal does not put you in the mood for a good fuck, but a good fuck builds up an appetite for a romantic meal. We have been made to believe that, valentine's day sex, is a fantasy and an expectation, all rolled together in to one day. It is the only one day, when wives are encouraged to assume that, your husband knows your favourite gifts and knows they are on sale. The era of commercials, ads, marketing creates an fantasy that, wife is really in the mood of sex. The situation initiates them being cragged spouses for one day, catering to our every desire.

This creates a feeling that, If she is not sex crazed wife, she doesn't love me. Valentine's day is a cleverly archestrated bonding activity, down to a business transaction. With a lot of business transaction, with a lot of expectation and potential disappointments, this day comes and goes.

Instead of this, couple can focus on their regular sex life. christian couples never talk about sex, though they have sex. They grew up thinking that, sex is dirty and that it is a tattoo.

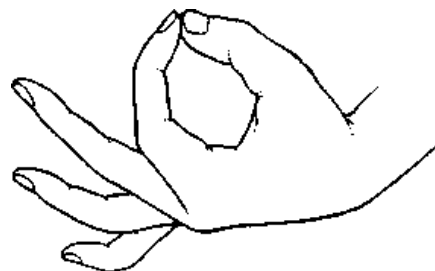
Marriage counseling gives importance to emotional and intellectual intimacy, along with physical intimacy.



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MUDRAS AND HEALING EMOTIONAL PROBLEMS



Exploring the Mudra Concept

One important reason why I started with yoga was an experience I had as a young person taking asthma medication. As a result of taking medication, I could no longer grasp correlations, and my memory was impaired; I was apathetic and immensely indifferent. I thought I might be "sick in the head" and might stay that way. Since then, I have been interested in brain research and everything that keeps people mentally fit. Mudras do true wonders in this field. For a number of years now, hand exercises have been successfully used on children in special education classes.

Run your thumb along your fingertips in a gentle and conscious way. This feels wonderful! It's refreshing for your brain. The brain should be trained like a muscle every day. It has been proved that even after a few days of rest in bed (after an operation, for example), the activity of the brain is reduced. It has also been demonstrated that the brain can regenerate very quickly through the appropriate training. Practicing mudras can be called pure brain training. There is a positive influence on the brain waves, particularly when the fingertips touch each other. When we visualize inner images at the same time, this requires a great deal of ability from the brain and promotes the power of the imagination. This power is one of the preconditions for mental alertness and clear thinking.

The accompanying affirmations promote a clear manner of expression, which is also a mental power. When a mudra is done with full concentration, and a state of serenity is maintained, cerebral activity is calmed and regenerated. In addition, many mudras synchronize the right and left hemisphere of the brain. This promotes memory, the general ability to recollect, and, miraculously, creativity as well.

I will risk claiming that a trained brain remains fit up into a ripe old age. The great yogis have also demonstrated this to us with their mental alertness as seniors. I can also observe—and my surrounding world has confirmed this—that my own ability to recollect, my memory, clear thinking, and concentration have never been so pronounced as today. Colleagues who are as old as I am complain about the opposite. And I am no more talented than they are! The only difference is that I constantly train my brain.

Always see the good in your fellow human beings, put the negative aspects of the past behind you, live completely in the present, and make the best you possibly can of it. Expect the best from the future and remain in constant contact with cosmic consciousness—then nothing will stand in the way of a meaningful and happy life.

I can hardly describe the blessings that this kind of constructive thinking has brought me. Incidentally, this attitude in life is also the best for my health.

Mudras have a wondrous effect on the emotional area of our lives, which includes the soul, our feelings, and our moods. It is no coincidence that people make fists when they are vehemently agitated, or that hands become limp and their movements flighty during depressions. If we want to change oppressive moods, we can do so by changing our breathing rhythm accordingly. The way we breathe can stimulate us, calm us, inflame us, or cool us down.

Mood fluctuations, which many people suffer from today, can often be largely eliminated within a few days by using mudras. However, I recommend that you practice the respective mudra and meditation three times a day for at least 10 minutes (or twice for 20 minutes) while lying down or sitting.

Moods and physical complaints are similar. In order to cure them, we must look for and remedy the cause, which almost always lies within. We should never blame our surrounding world for our moods. Parents, children, partners, colleagues at work—they are only reflections of our inner life. Even if we initially can't change our environment, we can work on our inner attitude toward the surrounding world, changing it in small steps.

Perhaps your response to this is, "But I worry." Does it help you in any way to worry? Does worry improve your circumstances? I know how difficult it is to let go of worry. Conversations to clear up the situation and/or a prayer have always helped me the most in dealing with them. The divine powers have always helped me up to now—without exception. Each of you will be helped, if you only permit it. When you let go of a worry, you no longer have to think about it.

Chronic bad moods of any type (aggression, depression, dissatisfaction, fear, etc.) can also be caused by weakened or even sick organs, digestive problems, blood pressure, pain, or other physical reasons. As you practice the mudras used for physical healing, these moods may be remedied to a large extent. Meditation, visualization, and affirmation all have a positive effect on the mental-emotional area. If you are attentive to this, you can watch how the positive changes of your mood tread softly as they slip into your life. You will be more content, serene, courageous, and cheerful. Just wait—this is what will happen!

Pregnancy Guide

Message for Mama-to-be

◆ **Dr B Ramesh**

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◆ **Very early symptoms of pregnancy**

• **Missed Period** - missing a menstrual period is an obvious very early pregnancy symptom. However, many women have missed periods for other reasons and conditions. These reasons include illness, stress, hormone imbalance, adverse reactions to foods and ingestion of substances that result in some level of adverse reaction. For a missed period to be one of the very early symptoms of pregnancy, it should be confirmed by other means.

• **Morning Sickness** - a feeling of nausea in the mornings can be another of the very early symptoms of pregnancy. But this very early pregnancy sign needs to be experienced for several days to be considered reliable. And nausea can have other causes that are not pregnancy related.

• **Tender and Enlarged Breasts** - very early in pregnancy, the body begins making a series of changes in the normal hormone levels. However, the body is unprepared for these changes when they first occur. There are several changes that will happen in the body in reaction to new hormone levels. One of the most noticeable changes occur in the shape of and feelings of tenderness in the breasts. The good news is that these feelings of tenderness go away fairly quickly as the body becomes accustomed to the new hormone chemistry.

• **Frequent Trips to the Bathroom** - having to urinate more often is one of the very early pregnancy signs. Many women experience more frequent urination even before a missed period. The reason, as with tender and enlarged breasts, is a change in hormone levels produced by implantation of the embryo. This is another of the very early symptoms of pregnancy which can be mistaken for some other condition, or as a reaction to the consumption of various foods or other substances. Pregnancy needs to be confirmed by the results of a pregnancy test.

• **Fatigue** - the lack of energy as one of the very early pregnancy signs is sometimes hard to distinguish from other kinds of exhaustion. Again, health professionals attribute this fatigue to the change in hormones in the body, which usually disappears as the body adjusts to the new hormone levels. These are the most common very early pregnancy signs that most women agree on. Some women will experience only one of these signs, and some will have several or all of these very early symptoms of pregnancy. Once the very early pregnancy signs are experienced, confirm pregnancy by using one of the

Giving birth will no doubt be one of the most magical moments of womens life and to ensure that your child is strong and happy, it is important you do all you can to have a healthy pregnancy. Becoming pregnant and enjoying a successful pregnancy is a complex but wonderful experience.

better home pregnancy tests.

The first thing you must do when you find you are pregnant is to visit an gynecologist. They will give you an ultrasound to see how far along you are and whether your pregnancy appears to be normal. This stage is crucial and it is important not to leave this too late.

After this, you must begin to change your lifestyle. Remember, you are no longer eating and exercising for yourself but for two! Firstly, **if you are a smoker or a drinker, you must quit.**

Another part of changing your lifestyle is your diet during pregnancy. **Make sure to drink plenty of water** – about 6 to 8 glasses a day. It is not healthy to be overweight or underweight during a pregnancy but do remember that you shouldn't diet during pregnancy. Pregnancy is not a time to be worrying about your weight! Don't skip meals as you and your baby need as much nutrition and calories as possible, although not the fattening kind so make sure you get a balance. Junk food is great to satisfy those crazy pregnancy cravings but try not to go overboard!

If you are worried about weight gain during pregnancy, a great alternative to dieting is light exercise. You may not have loved it before your pregnancy, but learn to love it now as it will definitely pay off in the long run by keeping your baby healthy and your body fit. **Light exercises will not harm your pregnancy so try yoga and walking.**

Avoid damaging substances such as nicotine and alcohol, don't diet during pregnancy, drink plenty of water, practice as much exercise as safely possible, and get plenty of sleep! Following these pregnancy tips will make certain that you have a healthy pregnancy and have a happy and fit child.

Next issue...



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ACUPUNCTURE

frequently asked Q&A

Few of the frequently asked questions are answered below to know about Acupuncture. This helps us to move on to our next topic with basic understanding and clarity.



➤ **Changes in blood flow:** Acupuncture and Oriental medicine affects the circulation of blood to the affected area, which helps to remove pain-causing chemicals and restore normal function.

Eastern approach to Acupuncture: The Traditional Oriental Medicine explanation of how acupuncture works is that the channels or meridians, of energy run in regular patterns throughout the body and over its surface. These energy channels flow through the body to irrigate and nourish the tissues and organs. An obstruction in the movement of the energy is like a dam that can cause obstruction in the flow of blood, bodily fluids and metabolic waste, thereby creating imbalances in the body.

Needling the acupuncture points can influence the meridian by unblocking the obstructions and re-establishing a healthy flow through the meridians. Since the meridians link with the organs, a treatment can therefore, also help to improve the function of the internal organs. The improved energy flow and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities and in promoting physical and emotional well being.

Western science has also suggested several theories for how Acupuncture works, including (1) conduction of electromagnetic signals, (2) activation of opioid systems, and (3) changes in brain chemistry, sensation, and involuntary bodily functions etc. (NCCAM Research Study, 2002 has thrown some light on Acupuncture.)

• **Can You Guarantee My Condition Will Improve with Acupuncture?**

In both Eastern and Western medicine, there are no guarantees, just results. According to research and study Acupuncture treatment helps to treat many health conditions. WHO (World Health Organisation) has recognized and approved Acupuncture as one of the effective mode of treatment based on several research and results obtained. eHea lkjlkdj

HH Acupuncture works on the body as a whole; therefore the healing process is gradual rather than immediate. There are some cases where instant improvement is noticed by the patient after treatment.

• **What are the theories of how Acupuncture works?**

Scientists have no comprehensive answer as to how acupuncture works. Here is a list of a few currently proposed theories:

➤ Acupuncture raises levels of triglycerides, specific hormones, prostaglandins, white blood counts, gamma globulins, opsonins, and overall

• **What is Acupuncture?**

Acupuncture is an essential part of complimentary treatment. It is based on ideas and theories formulated over thousands of years. Acupuncture is the insertion of very fine needles into specific sites on the body chosen according to the guiding principles of Traditional Oriental Medicine. Needles may also be used with an application of moxibustion, an herbal heat source, or sometimes, an electrical pulse is combined with the needles for increased stimulation.

How and where the needles are inserted encourages the body to promote natural healing by enhancing recuperative power, immunity, physical and emotional health and improves overall function and well-being. Acupuncture balances and maintains our health in a natural way.

• **How does acupuncture work?**

Western science posits that acupuncture triggers three primary mechanisms in the body:

➤ **Activation of opioid systems:** Research has found that several types of pain-reducing opioids may be released into the central nervous system during acupuncture.

➤ **Changes in brain chemistry:** Studies have shown that acupuncture may alter brain chemistry by altering the way in which neurotransmitters and neurohormones are released. Acupuncture has also been documented to affect sensation and involuntary body functions, such as immune reactions and processes involved in regulating blood pressure, blood flow and body temperature. Modulation of subcortical structures of the brain may be an important mechanism by which acupuncture exerts its complex multisystem effects.

anti-body levels. This is called the “Augmentation of Immunity” Theory.

- The “Endorphin” Theory states that acupuncture stimulates the secretions of endorphins in the body (specifically Enkephalins).
- The “Neurotransmitter” Theory states that certain neurotransmitter levels (such as Serotonin and Noradrenaline) are positively affected by acupuncture.
- The “Circulatory” Theory holds that acupuncture has the effect of constriction or dilation of blood vessels. This may be caused by the body’s release of Vasodilators (such as Histamine), in response to acupuncture.
- “Gate” Theory states that the perception of pain is controlled by a part of the nervous system that regulates the impulse, which will later be interpreted as pain. This part of the nervous system is called the “Gate”. If the gate is hit with too many impulses, it is overwhelmed and closes, preventing the pain impulse from getting through. Acupuncture treats the smallest gates and nerve fibers which are the ones first affected.

- **What is an Acupuncture treatment like?**

You may feel a slight sensation resembling a pinch or a mosquito bite when the needle is inserted. Once the needles are placed there may be a slight tingling, numbness or heaviness in the area while the practitioner is stimulating the point. These are positive signs that the needles are affecting the acupuncture point. Usually you will be lying on a comfortable padded table or in an easy chair. Often, people become very relaxed and fall into a light sleep during the session.

- **Should I still take my prescribed medication while I’m having a course of acupuncture?**

Yes, initially you have to continue with your prescribed medicine. The acupuncture treatment may enable you to reduce or even stop taking some forms of medication in later days of your treatment, but you should always consult your doctor regarding any change of prescription. DO NOT stop taking medication without professional guidance.

- **How should I prepare?**

- Wear loose, comfortable clothing for easy access to acupuncture points.
- Don’t eat large meals just before or after your visit.
- Refrain from overexertion, drugs, or alcohol for up to 6 hours after the visit.
- Avoid stressful situation. Make time to relax and be sure to get plenty of rest.
- Between visits, take notes of any changes that you may have experienced.
- Do not take treatment immediately after taking bath, sexual activity or after exercise.

- **ARE THERE RISKS OR SIDE EFFECTS TO ACUPUNCTURE?**

The acupuncture needle is a fine, disposable (one-time use), sterile, FDA-approved medical device. Acupuncture is one of the highly safe form of physical treatment.

- **HOW DEEP DO THE NEEDLES GO?**

Acupuncture points are located on or close to the skin’s surface, but needles can be inserted from 1mm to few inches deep. The depth of insertion depends on the

nature of the location and condition being addressed, the patients’ size, age, and constitution, as well as the acupuncturist’s style and training.

- **How long do I have to get acupuncture for?**

Every body is different. If two people come in with a similar complaint, each will receive a different treatment plan and recommended frequency of visits. Generally, three treatment levels are used to determine the frequency and longevity of treatments: acute symptom relief, restorative care and continuing care. Know what to expect by these general stages of treatment:

Acute symptom level: an acute pain and/or another condition is interfering in your ability to function in your daily activities. The treatment plan: more frequent visits over the next few weeks or months. For example, a patient with acute back pain may have 1-2 visits each week for two to five weeks before moving to the restorative care level.

Restorative care level: acute symptoms are being addressed and treatments per week are less frequent. This level is about attempting to maintain the gains you have made and sets the foundation for a plan for to continue deeper healing.

Continuing care level: a longer-term support plan with less frequent visits, monthly or even seasonal for preventative maintenance. This aims at strengthening your body’s resistance to illness and keeping you going on your path to wellness.

- **How many sessions of treatment required to know the changes and what is the treatment frequency?**

Many people start to see a significant difference within three to four treatments but some take longer to respond depending on the condition being treated. If no difference is felt by the end of eight to ten treatments, the diagnosis of the condition should be reconsidered and further medical investigations may be needed.

Acute injuries are treated as soon as possible and often daily at first. Chronic conditions may need repeat maintenance treatments to maintain the momentum after an initial period of frequent treatments. Post treatment exercise and discipline in diet is extremely important for continued improvement and recovery.

Generally treatments every second day (Mon, Wed and Fri) would be considered frequent treatment. Maintenance treatments could range from weekly to monthly or when symptoms begin to recur.

- **Can I buy an acupuncture machine for self-treatment?**

Self-treatment is not recommended, either with needles or other gadgets. Only a properly trained practitioner is qualified to objectively diagnose and administer appropriate acupuncture. Gadgets sold with manuals indicating “certain points for certain symptoms” do not use traditional acupuncture theory, and the self-treating patient can easily overlook other relevant symptoms.

- **Is Acupuncture painful?**

Acupuncture is usually a very comfortable treatment. Needles are very fine, metallic and as thin as a hair, making them quite painless upon insertion. Everyone experiences acupuncture differently, but most feel no pain or very minimal pain as the needles are inserted.

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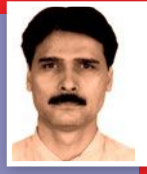
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HIGH BLOOD PRESSURE = (hypertension)

You might have heard about people saying that they have blood pressure. Blood pressure is present in all people. If it is higher than normal, then it is called hypertension or high blood pressure. Blood pressure is due to contraction of heart muscle and also due to resistance of blood vessels. During blood circulation in the body, the contraction of heart exerts pressure on the expansive arteries. When heart contracts pressure increases and when it relaxes the pressure decreases. During heart contraction the pressure in blood vessel is called systolic blood pressure; when it

relaxes the pressure is called diastolic blood pressure. Normally Doctors record the pressure as 120/80 mm Hg 120mm hg. being systolic and 80 mm Hg is diastolic.

◆ **WHAT IS NORMAL BLOOD PRESSURE?**

Normally the blood pressure is needed for normal circulation of blood to all parts of the body. Whenever we are sitting or standing or walking, the blood pressure needs to be constantly adjusted and there is a controlling system in the body. Because of this controlling system the blood pressure will not be allowed to vary too much under different circumstances. This helps maintaining blood supply to different parts of the body, depending upon their need under different circumstance. The controlling system adjusts the blood pressure under these circumstances.

◆ **MEASUREMENT OF BLOOD PRESSURE AND INSTRUMENTS:**

When you get your blood pressure checked, you must be resting and completely relaxed, either sitting on a chair or Lying down on a couch. You should get your blood pressure checked at least in these two postures. Usually the blood pressure apparatus containing mercury is used and this will be accurate. There are other instruments like aneroid manometer which is perhaps convenient to carry, but needs frequent checking about its accuracy. In modern days there are electronic blood pressure measuring instruments where patients themselves can measure the blood pressure. Although these are useful, they also need frequent checking and calibration.

◆ **WHAT IS NORMAL RANGE OF BLOOD PRESSURE?**

Blood pressure is due to contraction of heart muscle and also due to resistance of blood vessels. During blood circulation in the body, the contraction of heart exerts pressure on the expansive arteries. When heart contracts pressure increases and when it relaxes the pressure decreases

In normal healthy adults the systolic blood pressure varies from 100 to 140 and diastolic blood pressure from 60 to 90 (100/60 to 140/90). As age increases the blood pressure also increases. Even in healthy normal individuals it is not a constant figure. It varies under different circumstances. Exercise, exposure to cold, mental stress, emotional upsets - all these increase the blood pressure when a person relaxes and is resting, the blood pressure is on the lower side. In an adult if the blood pressure is persistently greater than 140/90 mm Hg., then he is considered to have high blood pressure. However, if on a single examination the blood pressure measuring instrument, emotional status of the patient, environment - all these have effect on the blood pressure. Therefore on repeated examination in a clam atmosphere with patient fully relaxed, if blood pressure is high, then only the patient is considered to have high blood pressure.

◆ **INCIDENCE OF HIGH BLOOD PRESSURE:**

Hypertension or high blood pressure is a very common disease. Various surveys suggest that 10% of population above 20 years of age have hypertension. In people who have more tension in their work -example, executives - it may reach 20%. High blood pressure must be recognised early and treated because it is a silent killer. It is a major risk factor for "Heart Attack". Heart attack or coronary artery disease is twice as common in patients with high blood pressure and paralytic strokes are 8 times more common. Proper control of blood pressure reduces these risks.

◆ **SYMPTOMS OF HIGH BLOOD PRESSURE?**

High blood pressure is a peculiar disease. In majority of people with high blood pressure, there may not be any symptoms over years. But slowly it damages important organs like heart, brain and kidneys. Therefore it is very essential to recognise hypertension early and control it - thereby saving damage to these important organs. As has already been said, the patient may have no specific symptoms but high blood pressure is detected when

High Blood Pressure (Hypertension)





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Behavioral Sleep Management During Examination

Sleep disturbance is one of the most common phenomenons among students during exam. Due to inadequate sleep we feel physically and mentally tired. We feel drowsy during the day time. Usually, there is difficulty in concentrating upon study. Thus, there is difficulty in comprehending the read material. While sitting in the exam hall it is difficult to recall the learnt material. Due these difficulties we feel irritable and get angry at tiny issues. We do not enjoy talking with others. Gradually, our working capacity also comes down. Therefore, we are not able to give our 100 percent in the exam despite after spending invaluable time and energy in exhaustive study.

◆ CAUSES OF SLEEP DISTURBANCES

These disturbances may be due to certain reasons, important among them are:

- **Overloading:** It is our common tendency not to study from very beginning. This results into jumbling of the many tasks near the exam. Therefore, we are predisposed with the tasks. Always many thoughts are running in the mind at a time and make us tensed.
- **Family Problems:** In this fast moving world the society has become materialistic. There are conflicts with the family members at home e.g. may be with parents or siblings. This disturbs the mental equilibrium.
- **Listening to fast music,** drinking coffee, tea before the sleep increases blood circulation. Hence, there is difficulty in falling asleep.



- **Going to bed before you start feeling drowsy.** If not falling asleep and looking at the wall clock very frequently. It makes us more anxious. Tight clothing and high voltage light in the room.

- **Dependence on Sleep pills**

- **Physical Complications:** Sometimes there is physical illness and in lust of saving the time we are not able to take proper treatment. This further worsens the situation.

- **Unrealistic Expectation:** some times we have unrealistic expectation from ourselves. When there is no match between our abilities and our expectation, then we put unnecessary burden at our-selves. Sometimes parents also so much pressure at the student that they find it difficult to concentrate on studies.

- **Disturb lifestyle:** Usually, we stop the activities which are part and parcel of life. E.g. If we do physical exercise regularly but stop during exam in order to save the time, it disturb our biological clock.

◆ BEHAVIORAL TECHNIQUES OF SLEEP MANAGEMENT

Generally, we know that our sleep is disturbed and also try to find out the solution. Due to our poor knowledge and unavailability of proper guidance we are unable to come up with proper solution. Some techniques have been mentioned here which are extremely helpful in improving the sleep.

- **1. Organization skills.** With proper planning we can prepare many subjects without physical and mental exhaustion.
- "If we fail to plan, we are planning to fail"
- **2. Go to bed only when we are feeling sleepy,** if not get sleep within 15 minutes, leave the bed and indulge in some soothing activities. We should go to bed again when getting drowsy and repeat the same process if not fall asleep within 15 minutes.
- **3. Avoiding looking at clock:** If not falling asleep, we should not look at the wall clock again and again, it make us more anxious and get difficulty in falling asleep.
- **4. Dim light in the room:** There should be darkness or dim light in the room. Bright light dilates the pupil, and web will have to put extra effort in closing the eyes. Comfortable clothes are also equally important in order to maintain physical and mental peace.
- **5. Listen to light or slow music:** It helps in maintaining physical and mental peace. Avoid taking coffee or tea at the time of sleep.
- **6. Early Dinner:** Dinner is to be

the patient goes to doctor for some other ailment for example, life insurance medical examination. In some people, there may be headache, giddiness or bodyache. Gradually some of them may develop pain in the chest and difficultly to breathe on physical exertion. In long standing, uncontrolled high blood pressure, heart may be affected - heart attack may occur and later interfere with working of the heart. If brain is affected one can get paralytic stroke. Similarly the kidneys may be damaged and their function also may be affected. Blood vessels also may get damaged. Eye may be affected with disturbed vision. Hence it is very essential to recognise high blood pressure early and without neglecting, treatment has to be started.

◆ **WHAT ARE THE CAUSES OF HYPERTENSION?**

In majority of people the exact cause of high blood pressure is not known. The high blood pressure occurring in middle age is likely to be due to heredity. When both parents have high blood pressure there is 25% chance of developing high blood pressure in their children. Those who consume more salt in their diet are likely to develop high blood pressure. The salt accumulates in the blood vessels and makes it more

contractile and hence causes high blood pressure.

Hence those who have high blood pressure should reduce salt in the diet. Mental stress, emotional upsets, anxiety have all been implicated in the causation of high blood pressure. It has been found that those who have high blood pressure are more often irritable, get angry for trivial things, emotional, and try to adhere to strict discipline. There are a small number of people with high blood pressure where definite cause can be found. There may be disease of Kidney, renal artery stenosis, coarctation of aorta, disease of endocrine glands and some neurological disorders. In some cases the cause of high blood pressure may be due to long-standing use of oral contraceptive pills. It is important to recognise these secondary causes of hypertension because if treated there can be a 'Cure' for high blood pressure.

◆ **TREATMENT OF HIGH BLOOD PRESSURE**

Those who have high blood pressure have to observe some important measures. They must reduce salt intake in the diet. If they are obese i.e., overweight, they should reduce the weight by dieting and regular physical exercise. They must stop smoking and drinking alcoholic beverages. If they observe these methods, in mild cases the blood pressure may be controlled without drugs.

In recent studies it has been found that certain 'Yogasanas' and 'Meditations' - a contribution from our own country - may reduce the raised high blood

pressure. Yogasanas like 'Shavasana' and 'Ramakarni Asana' have been found to reduce emotional upsurges and anxiety and help keeping peace of mind, thereby reducing blood pressure. Although these measures may not cure hypertension they help in controlling high blood pressure along with the use of medicines.

It is important to know basic aspects about drugs used in treatment of high, blood pressure. These drugs must be taken as per the directions of the Doctors. It is also important to realise that control of blood pressure is essential even if the patient has no symptoms. Drugs need to be taken even if there are no symptoms. Some patients stop the drugs after they improve. This should not be done, because if medicines are stopped abruptly, the blood pressure may suddenly rise to dangerous levels and may cause complications like paralytic stroke. Hence without consulting doctors one should not stop the medicines. In most patients these medicines may have to be continued life long. Only in some patients with secondary hypertension cure is possible. For example if it is due to kidney disease, correction of kidney disease may cure high blood pressure. Secondary hypertension due to renal artery stenosis and coarctation of aorta, aortoarteritis can be corrected by balloon angioplasty. Otherwise in majority of people the medication is to be continued lifelong.

◆ **CAN WE PREVENT HIGH BLOOD PRESSURE?**

In majority of patients high blood pressure is produced by interaction of hereditary and environmental factors. As we cannot alter our heredity, attempts should be made to minimise environmental factors. These measures are weight reduction, reducing the salt in diet, avoiding smoking and drinking alcohol. To some extent Yogasanas, meditation and relaxation techniques help to control the blood pressure.

- Early detection and early treatment of high blood pressure prevents complications;
- If untreated, high blood pressure may damage vital organs like brain, heart, kidney, eyes as well as blood vessels.
- Since in most people there are no symptoms and there are no specific symptoms of high blood pressure, all adults, especially middle aged individuals should get blood pressure checked regularly and routinely.
- Salt intake reduction, weight reduction, avoiding smoking and alcohol are all important measures in controlling high blood pressure.
- In most people with high blood pressure medication is needed lifelong.
- Some Yogasanas and meditation are additional measures for control of high blood pressure.

taken before one hour of going to sleep. It is better to have 15-20 minutes walk so that the food is adjusted before going to bed.

- 7. **Behavioral avoidance of oily food:** We should avoid taking oily and spicy food during exam time otherwise we are more vulnerable to acidity, indigestion and other infections. Fresh vegetables and fresh fruits could be helpful.
- 8. **Health seeking behavior:** If we have any physical illness we should get proper treatment. Postponing the treatment for the sake of saving the time leads to more complications and increases our stress.

- 9. **Physical exercise:** If we are in a habit of doing physical exercise, we should not stop during the exam. It is better to continue with decreased amount of time, we may also do with alternate days.
- 10. **Relationship enhancement:** Improve upon the relationship with the family members and others. If there is any conflict, we should resolve that with mutual understanding.
- 11. **Remembering good life events:** Imagining pleasant events of our life or sceneries may also be helpful in falling asleep.

For the Betterment of Health during February

Not from a Doctor
But from the pen of an Actor



◆ N.V Ramesh
Mob:- 98455-65238

When I searched, I found various activities and observances in India and in the world during February are connected to individual and group health. Let me get to you a bird's eye view of these activities. 13th is Mahashivarathri a festival of Holy fasting. Fasting is directly connected to Health. While some devotees opt for a full fasting without even drinking a single drop of water, for many others it is not a Practical Option due to illness, job or old age, they eat fruits milk and water and no food is taken after sunset. According to Hindu mythology, observance of Mahashivratri Vrat with discipline, helps a devotee to control the two great natural forces that affect a man, Rajas guna (the quality of passionate activity) and Tamas guna (The quality of inertia). When a devotee spends an entire day in the Feet of Lord and worships with sincerity, his motion is controlled and evils like lust, anger and jealousy, born of Rajas are ignored and subdued. Besides, when a devotee observes vigi throughout the night (Jaagran) he manages to conquer the evils of Tamas Guna also. Fasting detoxifies the body and purifies the mind. The body feels lighter and the mind's restlessness is curtailed. At the same time the mind becomes alert. When the mind becomes alert, it is better prepared for prayer and meditation, which is central to the celebration of Mahashivratri. when the mind and body are detoxified, the strength of one's intensions and prayers also increases. So, on Mahashivratri, fasting and meditation together increase the possibility of desires getting manifested. Unlike other Hindu festivals, where after performing the pooja of the deity, a feast follows. During Shivarathri the fast continues all through the day and night. Devotees observe an all night vigil. Non cereal food such as boiled potato's curry without onion, garlic, ginger or turmeric, is called **phalar** in some places.

4th February is **World Cancer Day**. On this occasion I remember a few known cases of breast cancer. In 1992 one of my colleague's mother at Bhadravathi suffered breast cancer. After mammography and continuous medical checkup one breast was removed. She is still alive, leading the healthy life . A close friend of my wife also suffered from breast cancer. For a long period she oscillated between her house and the hospital for kemo therapy. She lost all hair on her head along with both breasts. My wife used to accompany her friend for daily dressing. She was completely cured. But after a few years, cruel cancer attacked her once again and took her life, due to a little negligence. That is why Dr. K.B Lingegowda Director of Kidway Memorial Cancer Institutiion Bangalore calls for early checkup. When I was in AIR I had intervuiwed Dr. Krishna M. Bhargava the then Director of Kidway Memorial Cancer Institution Bangalore and he had stressed the importance of minimum knowledge about cancer. People especially women should be very careful about any leakage of blood, any lump in breast or any lump in any part of their body. If they get any doubt, they should immediately have cancer checkup. All adults, women should have yearly checkup of whole body. Those who smoke, chew tobacco, and drink alcohol should be very careful about their mouth, tongue, lips and throat. Whenever they observe any white line or any wound, if they cannot eat, must consult medical experts .If the checkup and treatment is taken in the first stage of cancer, their life is guaranteed. If they cross second, third, and last stage wherever they may go, whatever amount they may spend, life is at very high risk. That is why it is very ironical to note that people are ready to spend 30 lakhs for a marriage, 3 lakhs for a party, 2 lakhs for a gold chain but they don't want to spend Rs. 2000/- for a total body medical examination.



On February 6th **International Day of Zero Tolerance for Female Genital Mutilation** is observed :- FGM being so high-risk, the abolition of such practices must be prompt. This is a movement for the rights of women and their bodies, as well as the protection of their physical health – which can be tremendously affected later in life. These efforts are to benefit actions fighting violence against women and girls as a whole. Every Woman, Every child (a global movement), reports that “Although primarily concentrated in 29 countries in Africa and the Middle East, FGM is a universal problem and is also practiced in some countries in Asia and Latin America. FGM continues to persist amongst immigrant populations



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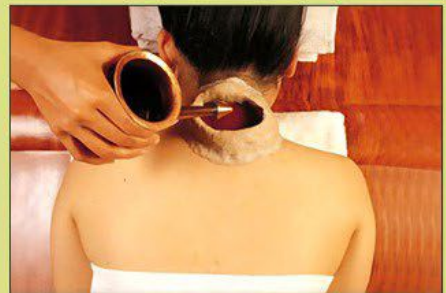
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and gender equality over the airwaves.

On 18th India celebrates **Shivaji Jayanti**. Shivaji will always be known as, a source of inspiration and pride for generations, for his courage and military acumen. On 10th India observes **Swami Dayanand Saraswati Jayanthi**. He established the foundation of **Arya Samaja** in 1875. The primary objective of **Arya Samaja** is to do good to the whole world, by improving the physical, spiritual and social conditions of society. Today the preside of Arya samaja is felt in more than 100 countries. He yearned to make the entire world, a group good people.

World Rotary Day is celebrated on 23rd.

Rotary day at the united nations celebrates two organization's shared vision for peace and highlights the critical humanitarian activities, that Rotary and U.N. lead around the world. To promote peace, this organization encourages conversations to foster understanding within and across cultures. Rotary educate and equip communities to stop the spread of life threatening diseases like polio, HIV/AIDS and malaria. Rotary improve and expand access to low-cost and free health care in developing areas. Rotary support local solutions to bring clean water, sanitation and hygiene to more people every day. Also share expertise with community leaders and educators, to make sure of projects succeed long-term. Nearly 6 million children under the age of 5 die each year because of malnutrition, poor health care and inadequate sanitation. Rotary expand access to quality care to mothers and their children can live and grow stronger. Goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education and increase adult literacy. Rotary carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old. Rotary has been working to educate polio for over 30 years and goal of Rotary in ridding the earth of this disease is in sight.

On 26th **Garden tourism Festival** is observed in India. Spring brings a bounty of joy and freshness in the air. As we welcome the season with open arms, Delhi Tourism is set to host the 30th Garden Tourism Festival at the Garden of Five Senses in the Capital. Gardening is one of the effective ways of staying in touch with nature and the three-day extravaganza has been a trend for almost three decades now. To charm garden enthusiasts, the festival has been themed on **Skills in Gardening** this year. Sprawling gardens and horticultural demonstrations at the festival, will put the spotlight on a variety of flowers, potted plants and bonsai. The venue beautifully brings the essence of the festival alive with its attractions such as court of palm court of cacti, herbal gardens, tree museum, Topiary gardens, Zen gardens, aromatic gardens, butterfly zone and Terrariums.

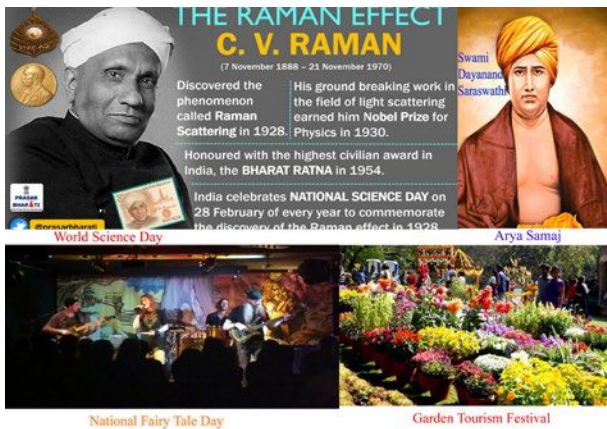
On 28th **National Science Day** is celebrated with pride. In 1930 **Sir Chandrasekhara Venkata Raman** of our country got **Nobel prize**. He had worked from 1907 to 1933 at the Indian Association for the Cultivation of Science, Kolkata West Bengal in India, during which he had researched on many topics of the Physics, from which the Raman Effect (effect on scattering of light

living in Western Europe, North America, Australia, and New Zealand. "In the United States alone, the recent reports of how many women and young girls are affected by FGM, staggeringly tripled in numbers in comparison to the previous reports in 1990. About 120 to 140 million women have been subject to FGM over the years and currently at least 3 million girls are at risk each year, in accord to data presented by the World Health Organization. It is an effort to make the world aware of FGM and to promote its eradication. The World Health Organization has said that " Though the practice has persisted for over a thousand years, programmatic evidence suggests that FGM/C can end in one generation.

Health risks are as follows:- Severe pain, excessive bleeding, shock, genital tissue swelling, inflammatory response or local infection, HIV, urination problem, impaired wound healing can lead to pain, infections and abnormal scarring, death and psychological consequences, such as trauma.

World Marriage Day is an annual celebration on 11th February. Marriage makes the life of a man complete. It is considered to be the most important part of the life of any human. It is the bond between two people and is recognized to be the socially or ritually recognized activity, is usually considered to be a long term relationship between the spouse or partner. Show your love, affection, faithfulness and more of everything for your spouse as World Marriage Day is the best time. classical composers and one of the first romantic **Franz Schubert** says " Happy is the man who finds a true friend and far happier is he who finds that true friend in his wife". The purpose is declared to be, World Marriage Day honours husband and wife as the foundation of the family, the basic unit of society. It salutes the beauty of their faithfulness, sacrifice and joy in daily married life. On **12th Darwin Day:-** Let us celebrate Intellectual bravery, let us celebrate perpetual curiosity, let us celebrate Hunger for truth. This day is used to highlight the Darwin's contribution to science and to promote science in general.

We celebrate **World Radio Day on 13th,** a day to celebrate radio as a medium, to improve international cooperation, between broadcasters and to encourage major networks and community radio alike, to promote access to information, freedom of expression



when passing through different materials) became his great success and discovery, which has been marked in the Indian history. For his big invention he was honored through the various Indian awards, including the Nobel Prize. From the year 2013, “Raman Effect” has been designated as an international Historic Chemical Landmark by The American Chemical Society. National science day is celebrated as one of the main science festivals in India, every year. students of the schools and colleges demonstrate various science projects, and national and state science institutions demonstrate their latest researches. The celebration also includes public speech, radio – TV talk shows, exhibitions of science movie, science exhibition based on themes and concepts, watching night sky, live projects and researcher’s demonstration, debates, quiz competitions, lectures science models exhibition and many more activities.

4th to 10th is International Development Week:- Global affairs Canada, individuals and organizations across the country take part in **I.D.W** and celebrate Canadian contributions to poverty reduction and international humanitarian assistance in developing world. I.D.W is also a chance to engage others, in learning about and contributing to those efforts. The theme for IDW 2018 is **partners for a better world**. **World Day of social Justice** is on 20th :-Social justice is an underlying principle of peaceful and prosperous coexistence within and among the nations. The United Nations Organizations upholds the principle of social justice, promoting gender quality and the rights of indigenous peoples and migrants. World Day of social justice is a day recognizing the need to promote efforts to tackle issues such as Poverty exclusion and unemployment. In **U.S.A.** several health days are being observed as national days. A few such days are being noted here, which are very important for us also. **National Toothache Day** also known as **odontalgia** is observed on 9th February. Every one is to be aware of how to prevent toothaches. Routine dental care is an important first step. Avoiding sugary foods and acidic drinks and daily brushing and flossing are important. still there can be cavities, accidents that break or chip at tooth or infections. Teeth can also be sensitive to heat or cold. A toothache can make us miserable, making it difficult to eat, sleep or sometimes even talk.

National Organ donor day is observed on 14th February. This is a day to increase awareness about organ donation and the lives that can be saved. In U.S

there are more than, 1,20,000 people waiting for a life saving organ donation. **Give the gift of life.** There is a focus on 5 different types of donations are – organs, tissues, marrow, platelets and blood while adding this section, I remember that, I had donated both eyes of my only son **N.R Ashwin** when he passed away on 28-9-2017, while waiting for donor liver to undergo liver transplantation.

15th February is celebrated as National singles awareness day:-This is a day for singles, who are not involved in a romantic relationship. It is a celebration of love in all forms, recognizing the love between friends, and family and loving yourself. Some want to remind romantic couples, that they do not need to be in a relationship to celebrate life. **National almond day** is on 16th. Almond is not a nut. It is a stone fruit. stone is eaten and pulp is thrown. **Jordan almond** looks like a large plump. Almonds are an excellent source of vitamin E and magnesium. They have the highest level of protein and fiber, among all tree nuts. protein in almonds is more like a protein of human breast milk.

17th is National Cabbage Day:- The cabbage is an ancient food with origins in **Turkey** and **Eastern Mediterranean**. cabbage is versatile and can be eaten raw, steamed or sauted. Having low calories (6 per leaf) make cabbage a popular diet food. It has no fat or cholesterol, is low in sodium and is a good source of vitamin C.

26th is National fairy tale day. What were once histories, myth and legends, retold around the fire or by travelling story tellers, now a few have been written down and become known the world over as fairy tales. Most were told as a way to make children behave, teach a lesson or to pass the time, much like ghost stories around a campfire today. Today at the age of 66, I very much remember such stories told to me, during my childhood, by my grandmothers **Lakshmi** and **Tangamma**, mother **Girija** and maternal aunt **Rajalakshmi Ramachandran**. They developed in me, curiosity, interest in concentrated listening, imagination, heroism, courage without fear and art of story telling. Later I developed my own style of recreating fairy tales to children of today. I have developed a special story line, in a very interesting, moving manner. I have used my voice to the maximum as the main ingredient, to utter words in different styles to suit different characters, with alternative use of silence and sound. Subject is about characters from world of animal plant and non living objects. Story, mimicry, music, dance, puzzle, arithmetic, moral lesson, common sense have all been combined in various permutations and combinations. Above all humor has clicked. I have conducted more than 100 story telling sessions in schools, slums, summer camps, to inculcate interest amongst children in studies, life, sanitation, health education, nutrition, save water, environment and love towards aged.

28th is rare Disease Day. The purpose is to raise awareness for rare diseases and improve access to treatments and medical representation for individuals with rare diseases and their families. On this 28th the 11th annual world rare disease conference will be held in U.S.



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