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Healing Cancer
Naturally

Know about
Psoriasis

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March 08 : International women's day

women's health



- *Un- block fallopian tubes*
- *A Salute to Women*
- *Thyroidism*
- *Endometriosis*

**World Oral
Health Day**

20th March

For Geopathic Stress release

GEO WELLNESS

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Dr D K AUDIKESAVULU
1940 - 2013

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Remembering our father, whose vision of healing all continues to inspire us.
A dedication by the family and staff of all the institutions of Dr D K Audikesavulu Group

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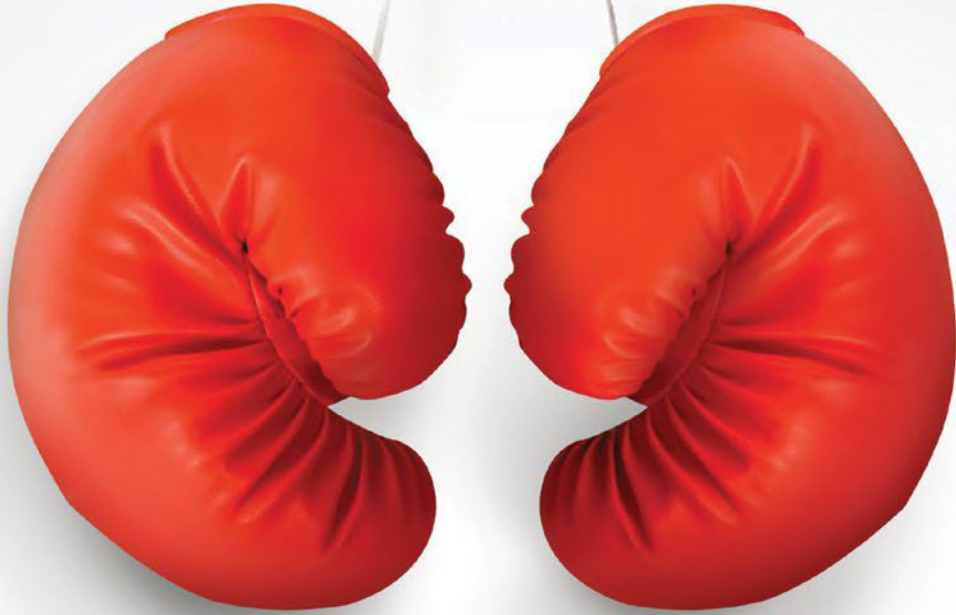
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◆ **D A Kalpaja**
Director, VIMS

BREAST FEEDING

Human breast milk is the optimal food for newborn infants.

The immunological properties of breast milk are unique. Immunoglobulin A (Ig A) is of major importance, and is present in particularly high concentration in the colostrums produced during the first few days. Ig A probably acts by preventing bacterial adherence to epithelial cell surfaces in the gut and upper respiratory tract. Human milk contains both T&B lymphocytes. Apart from its immunological qualities, breast milk also contains essential aminoacids, and long chain polysaturated fatty acids which are not present in animal milks and which may be great importance for the developing brain.

It is recommended that the baby is given to the mother to hold immediately after delivery to provide skin-to-skin contact and for the baby to start suckling normally within ½-1 hour after birth.

Early skin-to-skin contact and early suckling is associated with more affectionate behaviour of mothers towards their infants, mothers who start to breastfeed early have fewer problems with breastfeeding.

Early suckling might also influence uterine contractions and thus reduce post partum blood loss. Baby should be properly positioned and attached to the breast.

When a baby is properly attached, the nipple, together with some of the surrounding breast tissue, is drawn out into a teat by the suction within the baby's mouth. If the baby is incorrectly attached milk is not effectively removed and the nipple may be damaged by friction as the teat is drawn in and out of the mouth. If the attachment is not corrected, some nipples and engorgement are more common, the baby may get insufficient milk and the mother is more likely to stop breast feeding.

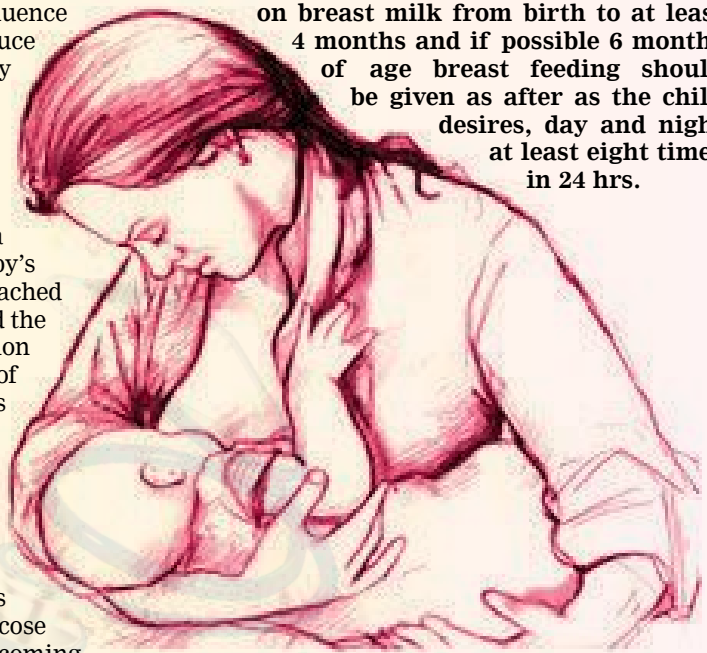
In some hospitals it is common practice to give breastfed babies supplements of formula or glucose water while lactation is becoming

established. This practice is unnecessary because a healthy baby does not need extra fluids or feeds before breastfeeding is established and it is harmful because bottle feeding may interfere with initiation and continuation of breastfeeding. Babies who have had their appetite satisfied with an artificial feed may lose interest in trying to breastfeed. Sucking on an artificial teat is physiologically different from suckling at the breast.

Women whose babies receive routine supplements are up to five times more likely to give up breastfeeding in the first week and twice as likely to abandon it during the second week as women who are encouraged to feel that their own colostrum and milk are adequate without supplements.

Keeping babies with their mothers in the same room or the same bed from birth prevents infections and increases the success of breast feeding, especially when it is combined breast feeding guidance.

The infants should be fed exclusively on breast milk from birth to at least 4 months and if possible 6 months of age breast feeding should be given as often as the child desires, day and night at least eight times in 24 hrs.





from lungs to each and every cell, and at the same time they take out carbon dioxide from cells and to lungs to throw it out.

3. Vitamin E protects the fetus in the mother womb, women's health. It helps in completion of pregnancy and successful delivery of baby. It helps for normal functioning of testis and formation of healthy spermatozoa. Vitamin E helps both women and men to have their sexual health and to get healthy child.



4. Vitamin E helps in healing wounds, bringing moisture to skin and treating dehydrated skin. It beautifies the skin, brings smooth and glowing skin. it helps in hair growth, hairs become thick and luster full, and stop falling.



5. Gradual deterioration of aging process is due to the cumulative effects of free radicals. Vitamin E inactivates the free radicals, aging process is

postponed. Immuno competent cells are also protected from deterioration. Vitamin E also helps in normal functioning of nerves, eyes, and ears.

◆ **Recommended daily allowance:**

Males	10 mg per day
Females	8 mg per day
Pregnancy	10 mg per day
Lactation	12 mg per day
Pharmacological dose	200-400 IU per day

◆ **Sources of Vitamin E:**

Vegetable oils are rich sources of Vitamin E. Nuts, seeds; fruits are rich source of Vitamin E.

Almonds, Peanuts, Ground nuts, Sunflower seeds, and Olive oil are rich sources of Vitamin E

Green vegetables like Spinach and sweet potato are rich sources of Vitamin E.

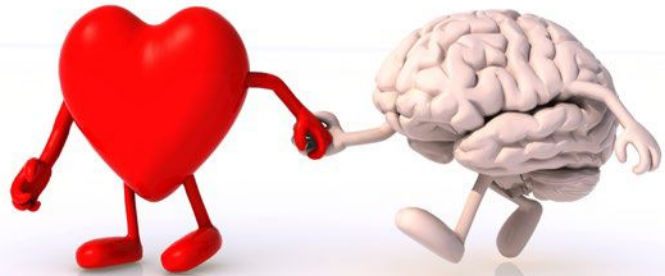
◆ **Deficiency manifestations of Vitamin E:**

In rats, inability to produce healthy ovum and loss of motility of spermatozoa, hemolysis of RBCs, acute hepatic necrosis and muscular dystrophy are observed.

Conclusion: Vitamin E is a wonder vitamin and wonder drug. It balances cholesterol level in the body and prevents atherosclerosis and thus heart attack. It repairs damaged skin, hence cosmetics, body lotions, moisturizers all contain Vitamin E. it increases the luster and thickness of hairs. It balances hormones. It improves our eyes. It is wonder Vitamin.

Head - to - Toe Health Tips

From reducing of stroke to preventing falls



BONES AND JOINTS Preventing osteoporosis

To help prevent osteoporosis, get proper nutrition and regular physical activity, and avoid smoking and excessive alcohol consumption.

◆ **Eat calcium-rich foods**

Dairy products such as milk, yogurt and cheese are the richest sources of calcium. Fat-free and low-fat products, calcium fortified orange juice and cereals, fish with edible bones, and certain vegetables (such as rhubarb, soybeans and spinach) are good sources. Healthy adults ages 19 to 50 need at least 1,000 milligrams (mg) of calcium a day from all sources. Older adults need 1,200 mg a day.

◆ **Consider a calcium supplement**

Calcium carbonate is the least expensive and most commonly used calcium supplement, and it's better absorbed when taken with meals. Calcium citrate is more easily absorbed but requires more pills to reach the recommended amount. Calcium phosphate is the least likely to cause constipation.

◆ **Get enough vitamin D**

If you're not taking a multivitamin, consider a calcium supplement that also has vitamin D, and milk that's fortified with Vitamin D. Vitamin D is essential for enhancing the amount of calcium that ultimately reaches your bones. In addition, the body can produce vitamin D from exposure to sunlight. Ten to 15 minutes of exposure two to three times a week helps.

◆ **Exercise regularly**

Regular physical activity and exercise help slow bone loss and improve balance, coordination and muscle strength.

◆ **Avoid smoking and excessive drinking of alcohol**

Smoking increases the rate of bone loss. Regularly drinking more than moderate levels of alcohol can hasten bone loss and reduce ability to absorb calcium.

Healing Cancer Naturally

◆ Dr.N.Mariappan

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- A Holistic Approach: Cancer-Fighting Superfoods You Should Eat Every Day

Cancer is uncontrolled growth of abnormal cells in the body that can affect any part of the body. They are also known as malignant tumors and neoplasms. A Rapid creation of abnormal cells that grow beyond their usual boundaries, invade adjoining parts of the body and spread to other organs (metastases) are the characteristic features of cancers. Metastases are the major cause of death from cancers.

World Cancer Day is a global celebration on 4th of February every year to spread aware-ness regarding cancer, fight against cancer and its treatments including its precautionary measures by uniting all the people on that day. The day spreads the real message about this disease; commemorate the efforts done by the WHO, United Nations, Governmental and Non-Governmental health organizations; plan new strategies and their successful implementation in the future. Treatment methods include Surgery, chemotherapy and radiotherapy in combination depending on the type and stage of cancer. The clinical out-come depends

Alternative cancer treatments: Many people with cancer are interested in alternative and complementary cancer treatments. Many alternative cancer treatments are unproved and some may even be dangerous. **Alternative cancer treatments may not play a direct role in curing cancer; but they may help you cope with signs and symptoms caused by cancer and cancer treatments.** Common signs and symptoms such as anxiety, fatigue, nausea and vomiting, pain, difficulty sleeping, and stress may be lessened by alternative treatments. Discuss with your doctor to determine the right balance between traditional medicines and alternative cancer treatments. Complementary and alternative cancer treatments generally are not powerful enough to replace traditional cancer medications.

Anxiety	Hypnosis, massage, meditation, relaxation techniques
Fatigue	Exercise, massage, relaxation techniques, yoga
Nausea and vomiting	Acupuncture, aromatherapy, hypnosis, music therapy
Pain	Acupuncture, aromatherapy, hypnosis, massage, music therapy
Sleep problems	Exercise, relaxation techniques, yoga
Stress	Aromatherapy, exercise, hypnosis, massage, meditation, tai chi, yoga

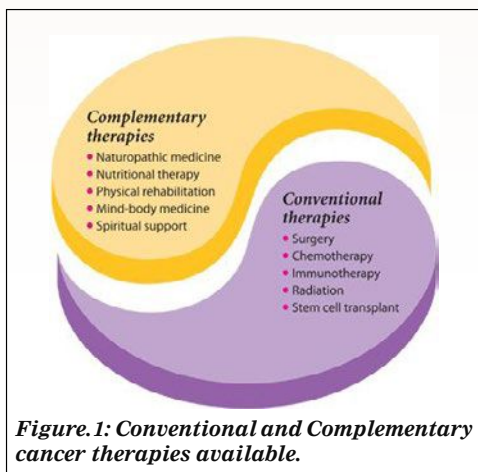


Figure 1: Conventional and Complementary cancer therapies available.

mainly on the stage of the disease and compliance of the patients.

Chemotherapy and radiotherapy are highly effective methods of cancer treatment, and have severe side effects and development of gradual resistance of cancer cells against treatment. Newer approaches includes immune-pharmacological methods to improve cancer treatment outcomes. Aristotle and Jalinos doctrines indicate cancers result due to black bile coagulation. Plants have played an important role in treatment and in control of cancer symptoms and mortality has reduced for 25% of patients. The basic principle is to activate body's inherent and extraordinary ability to heal itself by recommending organic, plant-based foods, raw juices, coffee enemas, beef liver and other natural supplements.

Table 1: Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care.

A comprehensive approach to healing cancer includes the following factors:

(1) Nutrition and clean water (2) Boost detoxification with Supplements and Herbs (3) Immune-Boosting Herbal supplements (4) Oxygen Therapy (5) Yoga (6) Natural chemo-therapies (7) Lifestyle changes: adequate sleep, sunlight and exercise (8) Maintain positive attitude (9) Spirituality in Cancer Care.

1. Nutrition and clean water: Eating healthy and nutrient-rich foods are important to support all of your body's functions and are crucial to cancer prevention. Avoid products and substances to halt toxin accumulation, reduce free radical, cellular damage and help support the body's cleansing and detoxifying processes. **Avoid fast food, French fries, chips, cakes, cereals and crackers. Acrylamide** can accumulate on fried, baked, broiled or roasted foods, cooking at higher temperatures of longer duration. Don't fry your foods and avoid burnt food. A general rule of thumb, **aim for a golden yellow color or lighter when toasting, roasting, frying or baking.** Balanced diet free of processed foods and avoiding a high-starch diet can

greatly reduce acrylamide levels. Boiling and steaming are less likely to create acrylamide. Don't store potatoes in the refrigerator, which cause acrylamide levels to increase. Soaking in water for 2 hours before high-temp cooking can reduce acrylamide levels by nearly 50 percent. Even a simple 30-second rinse can slash acrylamide levels by 20-plus percent. The Seven Most **Alkaline, Anti-Cancer Foods** are (a) Turmeric (b) Kale, Spinach, Leafy Greens (c) Beans, Pulses (d) Healthy Fats and Oils (e) Garlic (f) Cauliflower and Broccoli and (g) Bell Pepper and Capsicum.

Avoid Processed Grains and added sugar: Our bodies make best use of food in its natural state. Added sugar or processed/refined grains are difficult to break down and can cause gut trouble. Avoid refined sugar, wheat flour, boxed pastas, frozen dinners, powdered cheese and heat-treated vegetable oils. Wheat, soy and corn products are loaded with pesticides, herbicides, GMOs (genetically modified organisms) and heavy metals. The seeds from which they are grown are genetically engineered.



Figure.2: Stop using refined vegetable oils, hydrogenated oils and trans fats.

Buy organic, sprouted whole grains and avoid processed soy products. Brown rice syrup found in some snack bars and non-dairy beverages may contain high arsenic levels. Be wary of low-fat or fat-free foods, dairy-free and gluten-free foods, rice milk and foods containing artificial sweeteners. These foods may contain chemical additives in order to replace fat, wheat or dairy ingredients. Try alternative grains like quinoa or buckwheat into some meals. Rinse, soak and sprout grains. Rinse brown rice until the water is clear (usually 5 to 6 washings), and then cook in a ration of 1 cup of rice to 6 cups of water. This can remove 40 to 55 percent of inorganic arsenic in rice.

Drink Clean Water: Tap water, bottled water or even boiled water contain hundreds of unregulated substances, pesticides, heavy metals, hormones and other pollutants. A filter at home will **remove chlorine, fluoride and other pollutants** from the water for drinking and cooking purposes. Correct the cause of dehydration, such as vomiting, diarrhea, or fever. Foods contain fluid and try to eat fruits, vegetables, soups, gelatins, Popsicles, and other moist foods.

Top 12 Cancer-Fighting Superfoods: (A) **Leafy Green Vegetables** are rich in vitamins, minerals, antioxidants and enzymes, yet very low in calories, fat, sodium and other toxins. Nutritious spinach, collard greens, romaine, arugula salad, watercress are rich in vitamin C and beta-carotene anti oxidants known to combat cancer. They are also natural sources of glucosinolates, which has anti-bacterial and antiviral properties, inactivate carcinogens, help reprogram

cancer cells to die off, and prevent tumor formation and metastasis. These powerhouse chemicals (indoles, thiocyanates and isothiocyanates) break down during the chewing and digestion process. These biologically active compounds prevent cancer cell growth. Isothiocyanates (ITCs) derived from glucosinolates found in leafy greens, detox the body at the cellular level.

(B) **Cruciferous Vegetables** are rich in vitamin C and **glutathione**, the “master anti-oxidant” with powerful cancer killer properties due to its high free-radical-scavenging abilities. All members of the brassica family of cruciferous vegetables are nutrient-dense sources of isothiocyanates that are linked to cancer prevention. Cabbage and broccoli contain **sulforaphanes and indoles** - two types of strong antioxidants and stimulators of detoxifying enzymes that protect the structure of DNA. Broccoli, cauliflower, cabbage or Brussels sprouts as plant-based meals daily in the form of roasted veggies, soups or stir fries, or dip them into hummus or Greek yogurt for a healthy, fast snack is ideal. Onions, zucchini, asparagus, artichokes, peppers, carrots and beets also help lower cancer risk.



Figure.3: Foods that are organic, grass-fed, pasture-raised and additive-free can greatly lower the toxic load of diet.

(C) **Berries:** The ORAC (Oxygen Radical Absorbance Capacity) scores of berries are very high, making them the top high-antioxidant foods. Blueberries (The Antioxidant value of raw blueberries is 4669 μ mol TE/100g), raspberries, cherries, strawberries, goji berries, camu camu and blackberries are easy to find and supply vitamin C, vitamin A and Gallic acid, a powerful antifungal/antiviral agent that increases immunity. Berries are especially rich in **proanthocyanidin** antioxidants, with anti-aging properties and are capable of lowering free radical damage. Berries have high amounts of phenols, **zeaxanthin, lutein, lycopene, cryptoxanthin, and polysaccharides** also. Mulberry, camu camu and goji berries have been used in Traditional Chinese medicine since around 200 B.C. to increase immunity and energy.

(D) **Bright orange-colored fruits and veggies** (Citrus Fruits, Squash, Sweet Potatoes). Brightly colored plant food pigments are rich in phytochemicals, especially carotenoid antioxidants (alpha-carotene, beta-carotene, lycopene, lutein, cryptoxanthin), derivatives of vitamin A found in many citrus fruits, sweet potatoes, berries, pumpkin, squashes and other plant foods. Beta-carotene is an essential nutrient for immune functioning; liver health; detoxification and fighting cancers of the skin, eyes and organs. **Lutein and zeaxanthin** filter harmful high-energy blue wavelengths and help prevent eye and skin-related disorders. Carbohydrate-rich veggies (complex carbs) including sweet potatoes, carrots, beets, other tubers

and whole-grain foods, are related to a reduced risk of cancers of the upper digestive tract, due to a favorable role of fiber. Refined grain intake and high glycemic load foods are not a part of an anti-cancer diet and have been associated with increased risk of breast and colorectal cancers.

(E) Fresh Herbs and Spices: Curcumin, an active ingredient of Turmeric is one of the most powerful anti-cancer agents. It decreases the tumor size and fight colon and breast cancer. Turmeric absorption is enhanced when taken along with black pepper and helps fight inflammation better. One teaspoon of turmeric powder and ¼ teaspoon of black pepper daily, used in a tonic drink, with eggs or in veggie stir-fry is sufficient. Curcumin supplement of 1,000 milligrams daily are to be aimed for. Other herbal immune system boosters include ginger, raw garlic, thyme, cayenne pepper, oregano, basil and parsley. They can easily be used in many recipes, juices, dressings and smoothies.

Herbal compounds with anticancer activity: Human diet includes a complex of herbal polyphenols with cytotoxic effects on different tumors through apoptosis i.e. programmed cell death caused by the phenolic compounds.

(F) Organic Meats including beef or chicken liver with extremely high vitamin B12 are recommended on many cancer-fighting diets. Consuming organic meats as part of a “nose to tail” approach to eating animal proteins provides minerals that help cleanse the liver and enhance the ability to remove toxins from the blood and digestive tract. Rich levels of selenium, zinc and B vitamins helps detoxify and purify blood; produce the bile needed to digest fats; balance hormones naturally; and store essential vitamins, minerals and iron. The mineral-rich foods counteract the effects of alcohol, prescription drugs, hormone disruptions, high triglyceride levels, low potassium, obesity and viral infections.

(G) Cultured Dairy Products are rich sources of probiotics (good bacteria), which are microorganisms that help increase immunity, stop tumor growth and help renewed growth of cells. Raw milk products such as cheese, kefir and yogurt are probiotics in their most natural state. Organic is ideal since most dairies today is loaded with hormones, antibiotics, painkillers and pesticide residue. Six ounces of cultured dairy daily (probiotic yogurt, cottage cheese, goat milk kefir or amasai) is to be consumed daily. Cultured dairy, a great source of calcium, when combined with Vitamin D3 form, reduces the incidence of cancer by 35 to 60 percent, especially beneficial for preventing rectal cancers. It helps reduce breast cancer and ovarian cancer risk also.

(H) Nuts and Seeds: Chia seeds and flax seeds are two of the most nutrient densest seeds available. They provide fiber, omega-3 fatty acids and a range of important minerals. Hemp seeds, sesame seeds, pumpkin seeds and sunflower seeds are full of healthy fatty acids. Walnuts, Brazil nuts and almonds are also rich sources of healthy fatty acids and daily two tablespoons can be added in smoothies, baked goods and with yogurt.

(I) Healthy Unrefined Oils (Coconut, Flax, Cod Liver and Extra Virgin Olive Oil). Refined and rancid fats lead to lowered immune function, cell congestion

and inflammation that develop disease. Quality oils, including ax oil, extra virgin olive oil, cod oil and coconut oil help nourish gut and promote better immune function, help you reach and maintain a healthy weight. Flax seed and cod liver oil contain essential omega-3 fatty acids that help energize cells. Olive oil contains phytonutrients that seem to reduce inflammation and reduce the risk of breast and colorectal cancers. **Frankincense essential oil** (*Boswellia serrata*) has been clinically a vital treatment for various forms of cancer, including breast, brain, colon and prostate cancers. Frankincense has the ability to help regulate cellular epigenetic function, which positively influences genes to promote healing. Clove, rose, tea tree and oregano oils also have anti-inflammatory properties. **(J) Medicinal mushrooms** are immune-enhancers and many have been used to fight cancer for centuries. They increase survival times in breast, lung and prostate cancer patients, shrink cancer tumors by up to 70 per cent (some extracts even caused cancer tumors to disappear), stimulate the immune system by increasing macrophage activity or stimulating B- and T-lymphocyte production, reduced blood supply to prostate cancer tumors, and reduce the side-effects of radiotherapy and chemotherapy like nausea and hair loss. **Maitake, Shiitake, Cordyceps, Reishi, Coriolus, Phellinus linteus mushrooms** help improve immune function, fight tumor growth and help with cell regeneration. Some anti-cancer mushrooms exhibit direct antiviral and tumor shrinking abilities. Use them in capsule or tincture form, and cook them whole. The button mushrooms also have cancer-fighting ingredients.



Figure 4: Traditional Chinese Medicine consists of herbal remedies, acupuncture, and burning moxa- dried herb, massage therapy, breathing and movement exercises and diet.

(K) Traditional Teas: Metastasis is the most feared aspect of cancer as a result of cell proliferation, angiogenesis, cell adhesion, migration and invasion into the surrounding tissues. Consumption of green tea helps decrease cancer risk. Green tea contains major polyphenolic compounds, including **Epigallocatechin gallate (EGCG)** that inhibit tumor invasion and angiogenesis, which are essential for tumor growth and metastasis. Camellia sinensis plant leaves teas are commonly consumed beverages around the world, including green, black or oolong tea. Matcha green tea contains the highest percentage of poly-phenolic compounds, catechin, gallic acid and EGCG. **Epigallocatechin-3-gallate** is present in large quantities in the dried leaves of green tea (7380 mg per 100 g), white tea (4245 mg per 100 g), and in smaller quantities in black tea. The antioxidant EGCG is the

most potent catechin, (with anticancer effects about 25–100 times more than vitamins C and E) and is linked to the modulation of multiple signaling pathways resulting in the down-regulation of expression of proteins involved in the invasiveness of cancer cells.

(L) Wild-Caught Fish: Higher fish consumption is a favorable diet indicator of better immune function. Cancer-fighting effects of the Mediterranean diet have been established. People eating less fish and more frequent red meat showed higher susceptibility to blood neoplasms. Anti-inflammatory omega-3 foods are correlated with better brain, hormonal and nervous system health. Omega-3 fatty acids in Salmon, mackerel and sardines exert anti-inflammatory effects, cancer prevention and natural enhancement of antitumor therapies and help reducing the toxic effects of chemotherapy and preserve muscle mass.

2.Boost detoxification with supplements and herbs: The skin, respiratory system, kidney, liver and digestive tract are responsible for detoxification and elimination of toxins. **Periodical fasting** help avoid overburden and re-circulation of toxins in the blood stream. Practicing cleanse or detox every few months to dispose of toxins stored in cells and tissue. Colon and liver cleanses can be accomplished with a variety of herbs, green drinks and easily digested whole foods such as juiced vegetables or those that are lightly steamed. Drink **alkaline water**, which you by adding lemon or lime juice and/or a few drops of hydrogen peroxide to help with detoxification you may also want to increase your intake of raw foods and green juices. **Fiber** in diet is an important part of digestion, elimination, detoxification and a source of probiotic support. Juicing, steaming and lightly cooked raw foods, using green powders and cutting back on or eliminating whole grains can ease digestion and make many nutrients more readily available.

3. Immune-Boosting herbal supplements: Alpha-linolenic acid (Omega-3 fatty acid) help lower inflammation, boost the immune system, and therefore help to decrease cancer risk. The Western diet is so unbalanced with an overabundance of omega-6. Chlorella, Blue-green algae and Spirulina are good source of Vitamin B12, which bind with heavy metals, helping to eliminate them from the body. Conjugated linoleic acid (CLA) boosts immune system and may reduce the risk of developing colon, rectal and breast cancers. Coriolus Mushrooms are disease-fighting mushrooms with specific polysaccharides that boost the immune system, reduce tumor growth and combat cancer. Folate (vitamin B9) is crucial to DNA production and has been found to be effective against breast, colorectal and pancreatic cancers.

4. Oxygen Therapy: The root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. Cancer cells have a non-oxygen metabolism. Oxygen provides far less fuel for cancer cells than glucose (only 2 energy molecules instead of 36 with sugar). Normal cells love oxygen but cancer cells prefer glucose (sugar). The cancer cells do not breathe oxygen and cannot survive in the presence of high levels of oxygen, as found in an alkaline state. Therefore, filling your body with more oxygen is a smart and safe method to fight cancer. Oxygen therapy is safe way to kill cancer cells without affecting the

immune system. Forms of Oxygen Therapy are:

- Hyperbaric oxygen in Hyperbaric oxygen chambers
- Oxygen flooding is increasing oxygenation through the use of peroxide and ozone
- Rectal insufflation

5.Yoga is an integrative practice that seeks to address physical, emotional, spiritual, and mental health. Incorporating yoga practice into daily routine greatly benefits people in active treatment, as well as survivors.

- Yoga helps manage depression, fear and anxiety,
- The “Mood Boost” effect, reduces stress and help sleep better.
- Help to manage physical pain, lower fatigue and Improve physical functioning,
- Yoga community can provide support and
- Reduce the risk of recurrence of cancer.

6.Natural chemotherapies: FDA approved plant derived anticancer agents in clinical use are divided into four important groups: Vinca Alkaloids, Taxanes, podophyllotoxin, and Camptothecins. Chemotherapy is both mentally and physically challenging for cancer patients and their caretakers. Patients on chemotherapy need to eat a balanced diet. Side effects like severe nausea and platelet breakdown make it difficult to get the right nutrients required. **These five foods can help ease your symptoms and rebuild your cells during chemotherapy.** **(a) Papaya** is an excellent choice for its high vitamins C and E, rich fiber and antioxidants content. Papaya leaves helps increase body's platelet count, diminished by chemotherapy. Papain, a proteolytic enzyme in papaya, help in the treatment of cancers by stimulating immune cells to produce chemicals that destroy malignant cells, reduce rate of metastases and easing of side effects from chemo and radiation in patients. **(b) Kefir**, a yogurt-like probiotic-rich drink, is good for hydration caused by diarrhea and vomiting during chemotherapy. Dairy provides protein for cell rebuilding as well as calcium and vitamin D and prevents loss of muscle mass and prevents malnutrition. A pureed antioxidant-rich fruit mixed into the kefir shake adds further benefits for treatment. **(c) Brown rice:** Complex carbohydrates in brown rice add nutrients and the extra fiber to keep bowels regular. Brown rice has 4.5 grams of protein, 1 mg of iron and 1.2 mg of zinc per cup that increase your platelet count. Whole grains are good sources of antioxidants also. **(d) Dried beans:** Garbanzos, black beans and lentils are all mild, lean proteins help prevent protein malnutrition during chemotherapy. Lean proteins provide amino acids that rebuild muscle and tissues that chemo have broken down. Beans are also high in iron and vitamin K, which help increase the platelet count. **(e) Kale or leaf cabbage** has antioxidants that boost body system, rebuild platelets and fight infections during chemotherapy. It's a rich source of immune-boosting carotenoid and flavonoid antioxidants including vitamins A and C. High iron and calcium content help with anemia and boost platelets and rebuild bone marrow. High fiber content helps with the constipation, a potential side effects of chemotherapy.

7. Lifestyle changes - adequate sleep, sunlight and exercise: **Melatonin** hormone levels are closely

Pg No. 17...

PSORIASIS – WHAT YOU SHOULD KNOW



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Psoriasis is a common skin disease a man suffers from. It is a noncontagious, chronic skin condition that produces rashes with thickened, scaling skin. The disease may present ranging from mild disease with limited involvement of small areas of skin to a severe disease with skin affecting the entire body surface.

Psoriasis is a common disease. WHO has estimated that up to 10% of the population suffers from psoriasis in their lifetime. Studies also show that the prevalence of psoriasis is increasing gradually compared to what it was 5 decades back, probably reflecting on the life style changes. Psoriasis affects all races, in all age groups and in both sexes. Most commonly, patients are first diagnosed in their early adult years. It is considered as an incurable, chronic inflammatory skin condition, periodically improving and worsening. The extent of psoriasis and how it affects an individual varies from person to person. It is not unusual for psoriasis to spontaneously clear for years and stay in remission or continue to persist for years in some areas of the body.

◆ What happens?

Normally a skin cell matures in 28 days. During this time it travels to the surface of the skin, where it is lost in a constant, invisible shedding of dead cells. In patches of psoriasis the turnover of skin cells is much faster, around four to seven days, and this means that even live cells can reach the surface and accumulate with dead cells. It is thought cells in the immune system (T cells) become overactive, leading to rapid growth of skin cells and the formation of psoriatic rashes. The process is the same wherever it occurs on the body.

◆ What causes psoriasis?

The exact cause for this disease is still to be identified. Research has identified three important factors - Genetic, Environmental, and Immune system factors as playing important roles in causing the disease.

Studies have clearly established that genetics plays a big role in the development of psoriasis. Presence of the disease in more than one member of the family, presence of the disease in twins and positive genetic studies clearly imply that genetics plays a big role in

causing psoriasis. It is estimated that if one parent has psoriasis then there is a 15% chance that a child will develop the condition. If both parents have psoriasis this increases to about 45%. Interestingly, if a child develops psoriasis and neither parent is affected there is a 20% chance that another sibling will also get psoriasis. In such genetically predisposed individuals certain environmental factors are known to trigger psoriasis. Some of these triggers are:

- **Infections:** bacterial infections occurring anywhere in the body such as dental, throat or skin infections increase the occurrence of psoriasis. Similarly psoriasis is more likely to happen in patients who have viral infections like HIV.
- **Injury to the skin:** physical injuries (cuts, scrape), chemical injuries, mechanical injuries (bug bite, severe sunburn) or sometimes skin disease like chicken pox, herpes zoster etc. can lead to the development of psoriatic lesions in these damaged sites.
- **Stress:** psoriasis is well known to follow stressful episodes. e.g. change of job, marital disharmony, financial crisis etc.
- **Smoking.** Psoriasis is more common among smokers.
- **Alcohol:** There is a positive correlation between Heavy alcohol consumption and psoriasis.
- **Vitamin D deficiency** is observed more in psoriatic patients.
- **Obesity.** Many psoriatic patients are known to be obese and will have other coexisting metabolic disorders like diabetes, altered cholesterol levels and heart disease
- **Medications:** Certain drugs like pain killers, drugs used in malaria, epilepsy, high blood pressure and certain psychiatric medications, can cause flare up of psoriasis.

◆ How does psoriasis present?

Psoriasis presents in a wide variety of lesions. It usually presents as dry scaly skin which over a period of time becomes reddish rashes covered with white colored scales. These lesions are more commonly seen over the elbows, knees, outer aspect of the arms, legs and lower back. These can be modified when they are present over the palms and soles and here they may appear as dry, cracked scaly skin. Another interesting feature is that they can appear over sites of trauma to the skin. Similar lesions can appear over the scalp which the patients call it as severe dandruff. Itching is usually present in most of the patients. The severity of itching varies in different individuals, at different times of the day and in different sites of the body. In spite of severe itching, there might be falling of scales but there is hardly any discharge from the area. In palms and soles if the cracks are deep it may lead to pain and difficulty in activities like walking, or doing



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(2) Fill dhoop powder in the cone mould provided and press lightly. (3) Keep dhoop cone on metal plate tap sides and remove the cone mould. (4) Light the tip of the cone for a minute and off the flame.

(2) ಧೂಪ ಪೌಡರನ್ನು ಕೋನ್ ಮೋಲ್ಡ್‌ನಲ್ಲಿ ತುಂಬಿಸಿ ಲಘುವಾಗಿ ಒತ್ತಿರಿ. (3) ಲೋಹದ ತಟ್ಟೆಯ ಮೇಲೆ ಕೋನ್ ಮೋಲ್ಡ್‌ನ್ನು ಕೆಳಮುಖವಾಗಿ ಇಡಿ. ಕೋನ್ ಮೋಲ್ಡ್‌ನ್ನು ತುದಿಯನ್ನು ಬೆರಳಿನಿಂದ ಟ್ಯಾಪ್ ಮಾಡಿ ನಂತರ ಮೋಲ್ಡ್‌ನ್ನು ತೆಗೆಯಿರಿ. (4) ಧೂಪಕ್ಕೆ ಬೆಂಕಿ ಹಚ್ಚಿ ಒಂದು ನಿಮಿಷದ ನಂತರ ಆರಿಸಿ.

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All these features tend to become more severe in winters.

Along with these changes in the skin, about 1/3rd of patients do develop changes in the nails.

About 10-15% of patients do develop changes in the joint, which may be painful, swollen or have limitation of movement.

◆ **Diagnosing psoriasis:**

When you go a dermatologist, he usually makes a diagnosis of psoriasis after taking a good history, doing a thorough skin examination and performing certain clinical tests. However in difficult cases a skin biopsy may have to be done to confirm psoriasis and also to rule out other dermatological disorders.

Understanding the nature of psoriasis: When your doctor has diagnosed you with psoriasis, it is essential that you understand certain facts and myths of psoriasis.

First, there is nothing like a permanent cure in psoriasis. Many people are misled to believe there is a cure and thus succumb to various false campaigning leading to loss of money and sometimes to various additional health problems. It is also important to keep in mind that as with many other medical conditions, all medicines used here carry possible side effects. No medication is 100% effective for everyone, and no medication is 100% safe. The decision to use any medication requires thorough consideration and discussion between the doctor and the patient. No two individuals may respond, tolerate or develop side effects of the same type when treated with the same medicine. The risks and potential benefit of medications have to be considered for each type of psoriasis and the individual.

Secondly, understand the possible triggers that could have triggered psoriasis and try to overcome those triggering factors. A possible change in life style, treating infection is all that may be required to overcome the psoriasis rather than using all medications.

Thirdly one might be tempted to try all types of medicines and all schools of medicines. Discuss with your treating physician and understand the consequences of opting for any type of treatment. There is no single solution that is right for everyone.

◆ **How does psoriasis affect life of the individual?**

Psoriasis is a chronic, non-communicable, itchy, painful, disfiguring and disabling disease for which there is no cure. This leads to a negative impact on patients quality of life.

Psoriasis can affect relationships at home, school or work as well as marital relationships causing psychological strain. Patients are frequently stigmatized and exclude themselves from normal social environments, including schools, workplaces, swimming pools etc. As a result, they often avoid social activities and commonly report experiencing loneliness, isolation, feelings of being unattractive and frustration.

◆ **How to treat psoriasis?**

The best treatment is individually determined by the treating doctor and depends, in part, on the type of disease, the severity, amount of skin involved, coexisting medical conditions and the mental makeup of the patient.

It is very important to keep the skin moist to avoid dryness. Petroleum jelly or olive oil can be used as a moisturizer. Take small showers and baths to avoid stripping the skin of its natural oils. Adding salts, oil, or finely ground oatmeal to the bath can also soothe the skin.

When you go to a dermatologist, he will examine and grade your disease as mild, moderate or severe. This is to decide upon the type of medicines to be used. **Mild psoriasis** (80% of people affected) covers less than 3 – 5% percent of the body, involves a few patches that can be easily controlled with treatment. Since psoriasis mainly affects the skin, topical treatments are very useful because they are relatively safe, fairly effective, and can be applied directly to the affected skin. They are used as lotions, foams, creams, ointments, gels, and shampoos. They include emollients, topical steroids, tar preparations, and calcium- modulating drugs. The precise drug used and the form in which it is used depends on the body areas involved.

Moderate psoriasis (15% of people affected) covers between 3 and 10% percent of the body. The condition is widespread but, again, can be controlled with medications. Topical medications either with or without other modalities of therapy like phototherapy, or systemic medications may be planned.

Severe psoriasis (5% of people affected) covers more than 10 percent of your body results in large areas being covered with psoriasis. Toxic drugs like methotrexate, retinoids, cyclosporine and newer biologics are used. Here medicines taken systemically (orally or injections) are usually required. They have a potential for many side effects and it should always be taken with medical supervision. Repeated investigations may be required for monitoring for any side effects.

In the absence of a cure, one will always have psoriasis, waxing and waning. There will be periods when your skin is good, with little or no sign of psoriasis. Equally, there will be times when it flares up. The length of time between clear skin and flare-ups differs for each individual and is unpredictable. It may be weeks, months or even years.

Alternate modalities of therapy like yoga, meditation spa therapy, etc are known to help psoriasis and should be used in conjunction with the medicines. This helps reduce the severity of psoriasis, increases the responsiveness to medications and thereby reducing the side effects of these medications.

Treatment in psoriasis is long and lengthy. This lengthy treatment can itself lead to frustration. It is important to adhere to instructions given by the doctor. Low adherence is partly due to insufficient communication regarding instructions on how to use the drug, misperception of possible adverse events



and mistaken expectations about the speed and degree of improvement. Non-adherence to treatment is a barrier to quality care for people with psoriasis. It is essential that the patient understands this and sticks to the treatment schedules properly.

◆ **Can diet affect my psoriasis?**

There is no clear link between what you eat and the severity of psoriasis symptoms. However

The British Nutrition Foundation suggests eating at least 300g of oily fish per week for general health. Foods rich in essential fatty acids, proteins and antioxidants, preferably homemade should be preferred. Foods rich in fats, prepacked foods, and excessive alcohol consumption should be avoided.

◆ **Tips to Prevent Psoriasis Flare-Ups**

- Use a good soap.
- Keep the skin moist using moisturizing lotions liberally and frequently.
- Avoid dry, cold weather. Moderate sunlight helps the skin.
- Avoid medications that cause flare-ups (pain killers, Antimalarials, lithium, propranolol quinidine etc.)
- Avoid injuries and infections. Inform doctor about your susceptibility to psoriasis.
- Reduce stress. Adopt healthy life style measures.
- Reduce smoking and alcohol consumption
- Have a healthy diet. Exercise and maintain a healthy weight.
- Avoid self-medications or OTC medications.

To conclude psoriasis is a chronic disorder. The cause of the disease is not known fully. There are certain trigger factors which should be identified and avoided. Treatment is lengthy and is individualized to every patient based on several factors and should be carried out with proper medical supervision. Patients should not succumb to false propaganda and false claims of total cure from the disease.

linked to immune system function that helps to regulate our sleep and waking cycles. Getting at least 8 hours of sleep and reducing stress will boost melatonin levels. Being over weight or obese increases risk of developing esophageal, colorectal cancers, post menopausal breast cancer, endometrial, and ovarian cancers.

Get Enough Sunshine and Vitamin D:

Vitamin D is a fat-soluble vitamin that can be obtained naturally through direct exposure to the sun, and by eating vitamin D-rich foods like salmon and eggs. Vitamin D can help prevent cancer best when you acquire about 50–70 nanograms per milliliter daily. Get sufficient vitamin D3 by 20 minutes of sun exposure every day, ideally between 10 a.m. and 2 p.m. with 40 percent of your entire body exposed to the sun. Oral supplement of 5,000 to 10,000 IUs of D3 every day; and an effective combination formula of astaxanthin and omega-3 fish oils with vitamin D3 taken together are effective in prevention of cancers.

Electromagnetic frequencies (EMF) disturb the bioelectrical functioning of our bodies. Cell phones, TV's, computer screens, microwaves, even the wiring and basic appliances at home constantly emit EMF. Cell phone use has been linked to many cancer-promoting processes. Microwave and use of headphones with cell phone are the largest source for EMF's. **Commercial health and beauty products for lips, skin or hair**, such as shampoos, makeup and cleansing products, are often loaded with potential carcinogens. **Household Cleaners:**

Indoor environments are often concentrated sources of pollution. Switch to natural cleaners or make your own instead of using products filled with chemicals. **Unnecessary Medications:** All medications including acetaminophen pass through and burden the liver. Alcohol is a known cause of liver disease.

Plastics: Compounds in plastic containers, plastic wraps, the lining of metal cans, and paperboard containers release compounds that disrupt the neuroendocrine system. When plastic is heated, the danger is more. Do not microwave plastic containers, store very hot food in plastic, or leave plastic water bottles where they will become very hot

(such as in car).

8. Maintain positive attitude:

Getting information in a cancer patient's support group setting helps reduce tension, anxiety, fatigue and tiredness and lower risk of depression. **Mental health treatment and emotional support are important for maintaining a positive attitude.** Support groups can affect quality of life, but the available scientific evidence does not support the idea that support groups or other forms of mental health therapy can help people with cancer live longer.

9. Spirituality in Cancer Care:

Religious and spiritual values are important to patients coping with cancer. **Spiritual coping:** Many patients with cancer rely on spiritual or religious beliefs and practices to help them cope with their disease. Doctors and Health care providers support spiritual well being in very ill patients and helps improve their quality of life and look at new ways to help them with religious and spiritual concerns. **Spiritual distress:** Patients with cancer and family caregivers may feel that they are being punished by God and may have a loss of faith or mild feelings of spiritual distress or develop doubts about their beliefs and religious values. Mental health care and emotional support helps patients and their loved ones better manage cancer and its treatment. Talk to the members of your cancer care team about things you can do to help yourself through a cancer diagnosis and treatment and to talk to other survivors also. **Spiritual cleansing** helps patients to be free from tension and lead a quality and meaningful life.

Conclusion: Early detection and appropriate treatment are the most important factors for the survival and quality of life of patients suffering from cancer. Social workers can help patients understand better about cancer, its treatment, find reliable information and learn new ways to cope with cancer. Improve communication with health care team and your family about cancer; manage emotions such as anxiety or sadness. Find useful resources in community and manage financial challenges. A holistic approach in terms of medical, social, psychological and economic aspects will help improve the Quality of life of cancer patients on treatment and cancer survivors.

Seeing is living

Our eyes are our most important sensory organ

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Our eyes are our most important sensory organ. The human brain obtains over 80% of its information via the sense of sight; our eyes are our windows to the world. Seeing is recognizing. Seeing is experiencing. Seeing is independence and freedom. Seeing is living.

Well over half the world's population relies on glasses or contact lenses to see well. But many find that being dependent upon optical appliances interferes with their professional lives and leisure time.

Simply being able to see. Without glasses or contact lenses. Completely free of any optical appliances. This is now possible in increasing numbers of cases thanks to ongoing developments in medicine and technology. Refractive visual correction techniques have been scientifically recognized and clinically tested over the last few decades. They have come to represent an important alternative to traditional correction methods such as glasses and contact lenses.

Types of vision defect

The physical/optical principles behind the human eye are similar to those in a camera. The cornea and lens assume the role of the camera lens. They bundle the parallel incidental light rays and determine the focal distance. In an eye with normal vision, the light rays are focused so that the focal point is on the retina itself. The result is a sharply focused image. This is then transmitted via the optic nerve to the brain.

Nearsightedness is the most common vision defect worldwide. Almost half the global population is - to varying degrees - affected by it. In nearsighted people, the eye is too long in relation to its refractive power. Light rays are refracted by the cornea and the lens in such a way that the focal point lies in front of the retina. By the time the rays hit the retina itself, they

◆ **10 steps to keep your eyes healthy**

- Wear safety eyewear when appropriate to protect your eyes from sight threatening injury.
- Wear ultraviolet protecting sunglasses and a hat outdoors. Ultraviolet radiation is a risk factor for conditions such as macular degeneration and cataracts.
- Exercise regularly. Set a goal of moderate-intensity physical activity for 30 minutes five days a week. Studies tell us individuals who exercise regularly can reduce their risk of macular degeneration by up to 70%.
- Follow your physician's instructions in controlling systemic diseases, such as diabetes and high blood pressure. These diseases affect eye health at a greater rate when they are not properly controlled.
- Discontinue smoking habits. Smoking has a negative effect on eye health and can worsen eye diseases such as macular degeneration and dry eye.
- Eat a healthy diet rich in fruits, vegetables and anti-oxidants. Anti-oxidants can help slow progression of eye diseases such as macular degeneration.
- Drink 64 ounces of water each day. This is especially important for those individuals with dry eyes.
- Keep your glasses and/or contact lens prescription current. Injuries are less likely to occur when vision is at its best.
- Change contact lenses at the prescribed replacement interval and comply with instructions for contact lens hygiene.
- Have your eyes examined every year or at the frequency recommended by your optometrist. The key to good vision and health is prevention.

are already drifting apart. The result is a retinal image which is out of focus. Distant objects appear blurred. Depending on the degree of vision defect, near objects are in sharp focus.

In farsighted people, the eye is too short in relation to the refractive power. Light rays are refracted by the cornea and the lens in such a way that the focal point is behind the retina. A blurred image is then created on the retina because the rays are not yet focused when they hit it. Up to a certain age this lack of refractive power can be compensated by changing the shape of the lens (accommodation). Depending on the extent of



the farsightedness, objects which are close, and even distant ones in some cases, are no longer in sharp focus.

In people with astigmatism, the curvature of the cornea is uneven. The resulting refraction causes multiple focal points to be created. Objects both near and far appear skewed or distorted. Astigmatism can occur independently or be accompanied by farsightedness or nearsightedness.

- **Normal vision (emmetropia):** Light rays are refracted by the cornea and the lens in such a way that the focal point is directly on the retina. Objects both near and far appear in sharp focus.
- **Nearsightedness (myopia):** Light rays are refracted by the cornea and the lens in such a

way that the focal point is in front of the retina. Distant objects appear out of focus. Depending on the degree of myopia, near objects appear in sharp focus.

- **Farsightedness (hyperopia):** Light rays are refracted by the cornea and the lens in such a way that the focal point is behind the retina. Depending on the extent of the farsightedness, objects which are close, and even distant ones in some cases, appear out of focus.
- **Astigmatism:** The irregular curvature of the cornea causes the light rays to be refracted into multiple focal points and not just one. Depending on the extent of the astigmatism, objects both near and far appear skewed and distorted.



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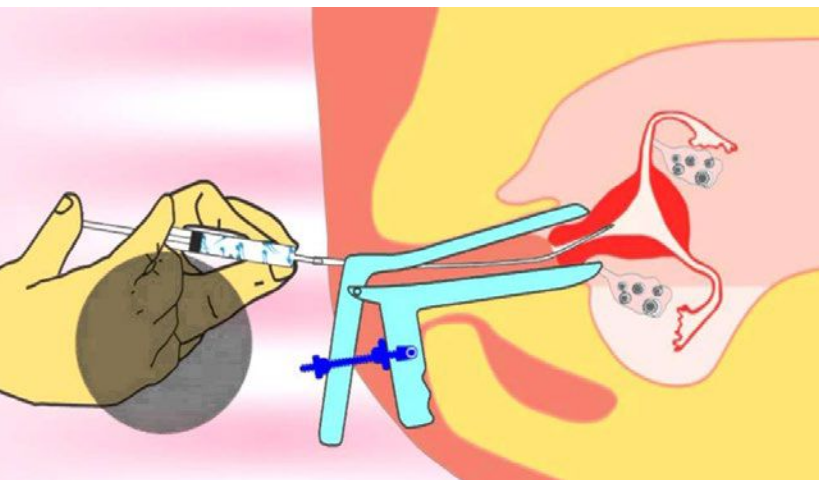


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Un-block fallopian tubes with Ayurveda



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 Basavanagudi, Bengaluru-560004
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does not reach to the uterus but then also they don't fall pregnant with IVF. Finally, they are advised to go for adoption or surrogacy.

In Ayurveda, we have our own way of describing your body parts and their functions. We also focus on to bring in the reproductive system as a whole and not tubes or ovaries. Anyway, at the end you want everything alright and not just fixed. We call it as - Artavavaha Srotas. It covers the whole female reproductive tract and encompasses it as a structural and functional unit from the hypothalamus to the uterus. It represents not only the hormones related to reproduction at the physiological level, but also covers all the structures related to female reproductive organs at the anatomical level. Fallopian tubes are very important structures of the Artavavaha Srotas, as they carry Bija Rupi Artava-egg.

◆ Why tubes get blocked-

I know you have searching why your tubes are blocked. You may not have any other physical symptom except you are not falling pregnant despite regular ovulation. So here we go. You might have tubal blockage. Or Srotas rodha- we call it in Ayurveda. In Ayurveda cause of most of the diseases is imbalance in your bio-energies called as Dohas. It is started with the accumulation and vitiation of *Doshas*. Achary Kashyapa had mention in his text book that Infertility is a problem arise primarily because of Vata imbalance. There can be association of other bio energies also- such as Pitta and Kapha.

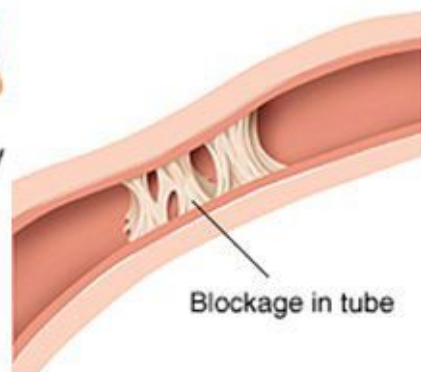
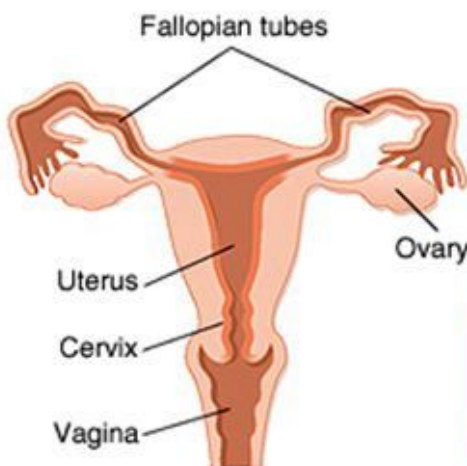
Vata dosha is primarily responsible for movements/ transportation in the body channels. Any morbid accumulation of this causes dryness and narrowness of the channels which blocks its free movements. We

Managing infertility may sound an easy task in the present world for many people as they see lot of IVF clinics around and read their success stories in the newspapers. Go, get the IVF done, if you are not falling pregnant. Go get your eggs freeze so you don't have issues while you go grow older and decide to have kids. These lines we hear on every social media. Let me tell you, it is not that easy as it sounds.

Reportative system of women is a complex one and we know very little about it. There are many factors which are yet to discover why women does not fall pregnant. One of such notorious factors of female infertility and very difficult to manage is the tubal blockage. Tubal blockage means your fallopian tubes which allow your eggs to move to uterus is blocked due to any infection or filled with other liquids- such as blood.

Let me explain you in simple worlds. Fallopian tubes connect the uterus and the ovaries. They are like the tunnels / passage for transportation of the eggs. If there is any blockage in these tunnels then you cannot supply the goods from one end to another. Similarly, blockage in the tubes will not allow the sperm and ovum to meet and to finally prevent you falling pregnant. Tubal blockage alone is responsible for 25 - 35% of female infertility. That's a lot.

For such women, having a test tube baby is the only option according to modern science. We don't have medicines for this there. And for many even IVF does not work. Then they get their tubes tighten up so the infection



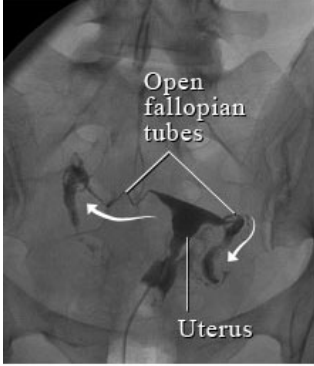


Figure 1

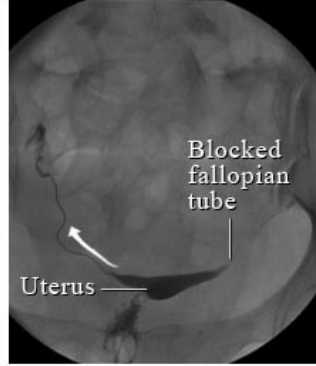


Figure 2

can call it as- sclerosis of tubes, or abnormal function of tubes and its stenosis leading to tubal block. If there is constriction or dilation of fallopian tubes along with other Vata symptoms- such as Less periods/flow, painful periods, scanty bleeding, dryness in vagina etc, then you might need to balance your Vata.

Now talking about Pitta dosha in tubal blockage is another important one. Pitta is responsible for digestion and metabolism (Paka) in the body cells. If imbalance it is responsible to cause inflammation in the trusses and thus causes tubal blockage due to infection. Sometimes the watery portion of Pitta accumulates and causes edematous condition of tubes and leads to inflammation by causing Paka, which ultimately can create the blockage in fallopian tubes.

The final bio-energy of the body- Kapha could cause tubal blockage when excessively accumulate (in form of water/pus) in the tubes and causes obstruction. In recent publication on Ayurveda, the tubal block is considered to be the caused by obstruction due to Vata and Kapha bio-energies.

◆ Uttar Basti to unblock your tubes-

So, what is the solution of this. You must be thinking of IVF. Yes, IVF is the indication for tubal blockage. However, I have cases where even IVF fails for women with tubal blockage. So what is alternative to this? What to do if the women cannot afford the IVF expenses? Let me tell you about the most effective and painless procedure to unblock your tubes and correct many other uterine disorders such as thin endometrium and help to clear the infection in uterine cavity. A procedure called as Uttar Basti has been explained in Ayurveda texts books where the liquid ayurvedic medicine is administered through urethral or vaginal routes.

Do not worry, and do not get scared. It is a simple procedure done by ayurvedic doctors who have expertise in this. There are not any chances of infection from the medicines used in uttar basti as its sterilized before use. So, nothing to worry at all. Five milliliters of Uttar Basti for six days, in one cycle (after cessation of menstruation), was given with an interval of three days in between, for two consecutive cycles, with the consent of the patient.

Talk to your Ayurvedic doctor and get on to this. Take care.

Uttar Basti preparation



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.



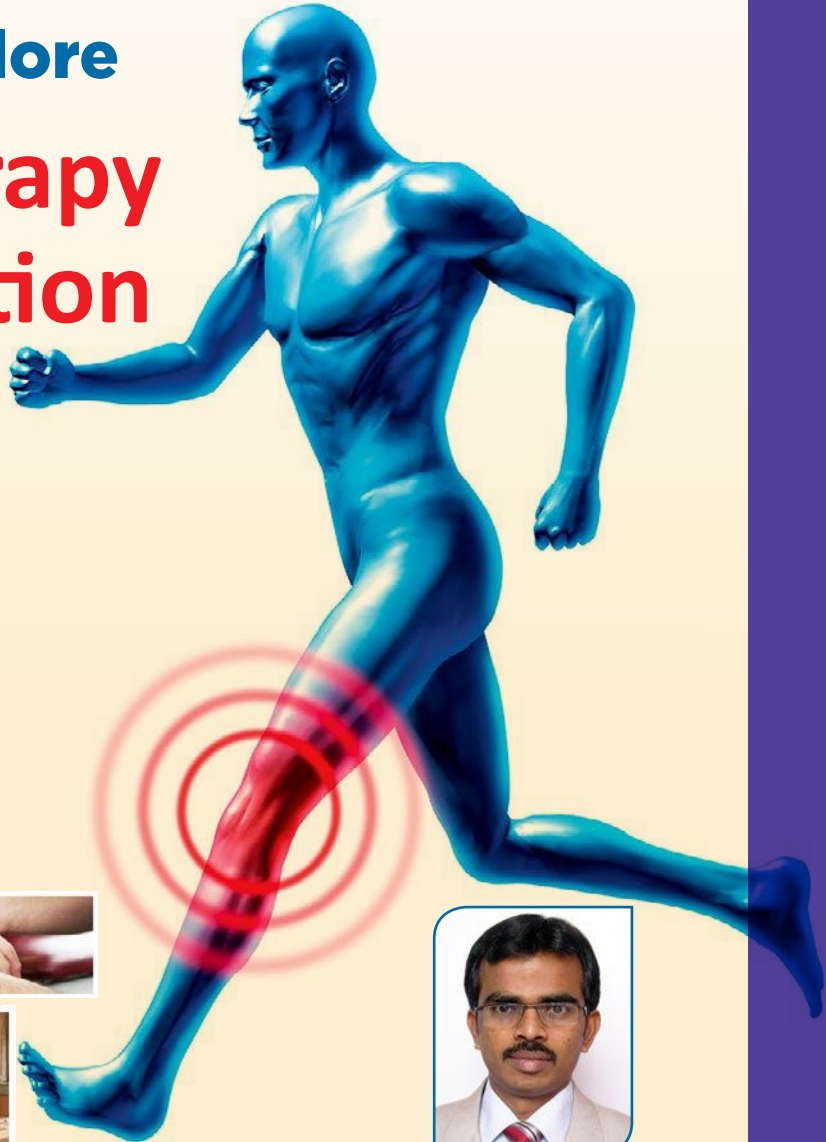


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World Oral Health Day

20th March

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World Oral Health Day is an international day celebrated on 20th March every year. The event is observed to spread the message of the benefits of a healthy mouth and to promote worldwide awareness of the issues around oral health. It's the recognition as paramount of the importance of maintaining oral hygiene for everyone old and young. It is a day for people to have fun a day that should be full of activities that make us laugh, sing and smile.

◆ Why Oral Health is Important?:

90% of the world's population will suffer from oral diseases in their lifetime. They range from caries, periodontal diseases and tooth decay to oral cancer. 60% - 90% of school children worldwide have dental caries. Only 60% of the world's population enjoys access to oral health care. Toothache is the number one reason for absenteeism from school in any countries.

Many of these diseases can be avoided with increased governmental, health association and society support and funding for prevention, detection and treatment programmes. Although the burden of oral diseases is decreasing in developed countries, gum complications are becoming more common, especially in older people. Major risk factors such as tobacco and alcohol use and a diet high in fat, salt and sugar contribute to a range of chronic diseases including oral diseases.

World Oral Health Day is an initiative that hopes to contribute to increasing the number of people in the world who have no oral health issues. Additionally, the World Oral Health Day offers of the dental and oral health community a platform to take action and help reduce the global diseases burden. Various dental associations from several countries participate in celebrating the day.

◆ The Theme:

In keeping with the practice of selecting an appropriate theme every year the theme chosen for the World Oral Health Day 2016, March 20th is :

"It all starts here. Healthy Mouth, Healthy Body"

It aims to get everyone to recognize the impact oral health has on their overall physical health and well being.

The Theme for 2017 Oral Health Day Celebration is "Live Mouth Smart" 'Live Mouth Smart' places emphasis on the smart decisions that people can take about oral health throughout life by preventive measures - good oral hygiene, regular dental check-ups - and by self-managing oral disease risk factors - smoking, alcohol, sugar, etc - which are identical to those for other no communicable diseases such as diabetes or cardiovascular disease.

◆ Prevention is better than cure :

you think about it, it makes perfect sense: poor oral health is linked to poor physical health. Your mouth is the gateway to the rest of the body and its systems. If the mouth has a chronic infection or disease, then

your entire body may be indirectly or directly exposed to the bacterial infection. Your ability to eat is then compromised as also your nutrition.

Furthermore, the resources needed for your general health to function will be diverted to handle the chronic infection, weakening the overall natural protection your other systems typically enjoy. Research studies document connections between gum disease and cardiovascular ailments, resulting in increased risk of stroke, diabetes, problem pregnancies, respiratory diseases and osteoporosis in women. What's more, some studies indicate that those who lose all of their natural teeth may have a much shorter life span.

World Oral Health Day is celebrated all over the world on 20th March to develop activities and initiatives aimed at increasing awareness for oral health as well as the impact of oral diseases on general health, well being and economy. Initially September 12th corresponded to the birthday of FDI founder Charles Goden was celebrated as world oral health day. This decision and celebration started in the year 2007 during FDI annual world dental congress at Dubai. However, in the year 2013 for administrative reasons, the date was shifted to March 20th every year.

It is the primary duty and social responsibility of every dentist and any other oral health care provider to raise the oral health issues so that government, health associations and the general public can work together to achieve healthier mouths, and happier lives. We all know most of the oral diseases can be prevented very easily by avoiding tobacco products, opting for healthy life style and avoiding junk foods. If not, identify these diseases at the early stage itself and aiming for primary prevention is always better as the old proverb says "prevention is better than cure".





Seriousness an aspect of ego

In the course of implementing MWZ development program in learning & development segment of a top software company, I met with top executive of that company. And in a closed conversation he brought up a significant matter where he stated that he can boast of a light and happy work culture but he can't allow it on floor as a light atmosphere in work area is difficult to handle because productivity gets compromised, accountability suffers and maintaining discipline tough.

Why handling a serious person is easier? Answer is ego and furthermore, even more grave a man; much easier in handling. Every person wants to be said as good person even if it's on the cost of happiness. Due to ego they become predictable. Ego, which is a component of mind, confines you like nothing and become motivation too in a minute way. Hammer their ego and they will act accordingly. Therefore in a serious decorum employee tends to work in a way proposed by their superior impounding their life for getting termed as good one.

Holding back or restricting something in life is much easier than go with flow as the previous one is fulfilling and easy for a person searching for gravity in personality. For the sake of being called as good;



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a man impede happiness and therefore it becomes habit and momentary bliss get missed. They become a framed person who will behave in a certain way in a particular situation. You can observe such person in your surroundings. Dancing, singing, jumping purposelessly looking at flower will look a herculean task for a serious person. And problem in performing out these stuffs is your inherited and acquired ego on the death of spontaneity.

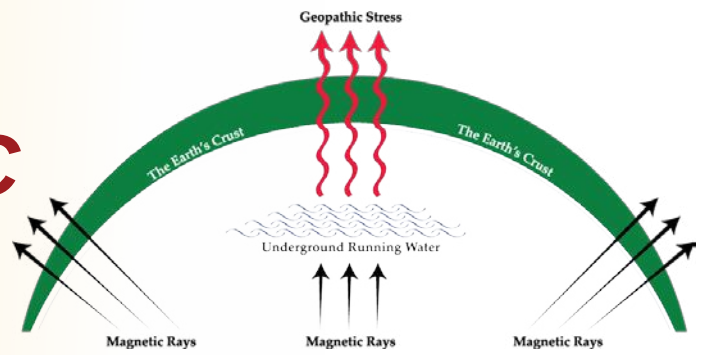
One can argue that they involve themselves in such pursuit and their companies schedule event constituting dancing, laughing and related activity. And its vey true also, such designed classes and activities therein make one learn 'how to laugh seriously.' And it's just performance, pretending to be lively and non serious. And submission of activity report is must where you have been told you were good or bad in comparison with others, ultimately unhappy and resentful of life growth.

Every person on this earth has some or other problem making one unhappy. Although unhappy but people are addicted to seriousness and trapped in their ego/mind. They are resisting, denying, suppressing pain they are in, and so they are constantly attempting to get somewhere "better" instead of resting with the pain, giving it love, and being with what is. Accept yourself as whoever you are. A flower dancing and spreading smell with wind and attracting eyes is living in its totality and not in a race to become something else.

Laughing makes one light and seriousness makes one heavy. Laughing is let go and Seriousness is restriction. But that gentleman while expressing his view supported heavy seriousness with an argument and gave example that a person while weeping, can push cart but a person laughing with belly can't do it at that time. Countering his argument I asked while laughing you can read a text but while tears in eyes will you? ; correlating happiness with state of mind and pain with physique. Work requiring involvement of gray matter require no serious attitude rather sincerity will be desired

Sincerity is not seriousness. Sincerity is required in work culture as learning of assigned job will bring playfulness and knowing the things will bring easiness & aptness which will certainly make place for humor. Many of working professional would have got this instruction that be serious with your work and do advocacy towards this but I say be sincere with your work and rest will follow.

GEOPATHIC STRESS



Earth is a magnetic field which frequency is 7.89 Hz. Every 8 feet magnetic grids are running from north to south and east to west viceversa. Under the ground there is movement of water, deposits of mineral, cavity, fault lines or cracks. When these cross the magnetic grids then the frequency goes more than 7.89 Hz which is very harmful to human being, animals plants etc. These junctions and lines produce harmful rays which are not visible but very harmful for health, wealth, relationship and harmony.

Today, Geopathic stress is the main cause for most of the problems. If these junctions come under the bed, main door, study table, office table or chair, stove, etc. it can create a lot of health, wealth, harmony, etc. related problems. Even if the house or office is 100% Vaastu compliant and if there are lot of Geopathic Stress junctions under the above areas then it too creates lot of problems.

If a junction is present under the bed of a patient in a hospital then the patient will not respond to the treatment. The best remedial measure is to shift the patient from one bed to other bed. Most of the time you might have noticed some when you shift to new house than suddenly health, relation and business related problems start. You would have also noticed that when you go for a tour or holiday most of your health problems automatically get solved.

Some people even think it is a black magic, which is wrong.

◆ Effect of Geopathic Stress

Some indicators of sleeping in a Geopathic stress zone :

Not want to go to bed, Insomnia, Restless and night mares, Avoidance of certain part of bed. Sleep waking, Feeling cold, Tired and not refreshed by sleep, Vomiting or depressed, appetite in morning, Feeling down, nervous, tearful on waking Crams and increased heart rate in bed, Hyperactive.

School children affected by Geopathic stress, are often slow in learning, kids who may be lazy, forgetful, moody, restless, bed wetting, aggressive or antisocial and constantly missing school due to chronic ill health etc. When their desk is affected by a stress zone they may be incapable of doing home work there. If it is at their school desk then they will hate going to school, and may get stomach aches, fainting, vomiting, and will often be staring out the window. Bachelors found that 95% of failed examinations were due to the presence of zones of disturbance.

After beds in Geopathic stress zones are shifted then the children often have an instant improvement in sleep, appetite, increased health & well-being, attention spans and interest in learning, improved thinking and memory and ultimately improved school performance generally.

◆ Your Health is like a bucket

A bucket which gradually gets filled up with things harmful to your life, Geopathic Stress could fill up 50% of it. The remaining gets filled up by bad diet, unhealthy food additives, physical and mental strain from accidents, psychological trauma, smoking, excess drinking, strained relationship with other people, effects from illness or death in the family ,work, financial pressure, effects from electromagnetic fields and other environmental pollution, etc.

When your health bucket overflows, you get a serious illness. Take the Geopathic stress away and your bucket may only be 50% full and your immune systems will strengthen, enabling you to cope with e.g. diseases, power lines and all the other things listed above.

We are getting affected more by Geopathic Stress these days because we are filling up the bucket quicker by adding pollution, etc.

◆ Effects of First Stage of Geopathic Stress

Feeling uncomfortable in your bed, favorite armchair, or workplace without any particular reason, Unpleasant sensations, Mood disorders Apathy Flabbiness Worry Unreasonable sadness.

◆ Effects of Second Stage of Geopathic Stress

Sleep disorders, Difficulty falling asleep Difficulty staying asleep, Waking up too early, Restless sleep, Waking frequently, Night mares Night sweats, Feeling cold or shivering in bed, Impendingom Drowsiness, Dizziness, Weakness Irritability, Headaches, Fatigue Feeling, depressed Anxiety, Lack of appetite in the morning.

◆ Effects of Third Stage of Geopathic Stress

Accelerated human heartbeat, Increased breathing rate, Increased blood sugar, Hypertension Depression, Muscle cramps tension, pain Numbness in arms & legs, Tingling in arms & legs, Neck pain, Anxiety Loss of sex drive Lack of interest in sex Helplessness, Temporary impotence, Migraine head aches.

◆ Effects of Fourth Stage of Geopathic Stress

Increasing blood pressure & increasing blood sugar level sDiarrhea, constipation, cramping & bloating Ulcers Hormone can increase appetite & cause weight gain or weight loss Bone loss Loss of muscle mass Decreased sex drive Impaired immune function.

◆ Effects of Fifth Stage of Geopathic Stress

Diabetes, Inability to heal Panic, Attacks Difficulty in concentrating, Learning problems, Behavior problems, Aggression, Memory problems, Lack of interest in doing something, Decision making problem, Inadequate response to major changes in life situation Attention Deficit Disorder Chronic fatigue.

◆ Effects of Sixth stage of Geopathic Stress

Cardiovascular Diseases, Heart Attack, Arthritis, Kidney Disorders, Allergies, Skin diseases.



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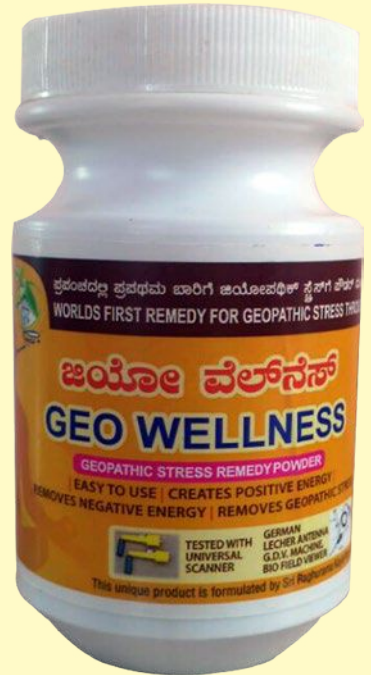
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The International women's day *The goal of women's health*

If you ask any girl, women about her status, she definitely replies that, she is independent and empowered. But whether she is a housewife or working, educated or illiterate, is really dependent on various on factors including male domination. **Decisions** on her health, family **life**, child bearing all are not her's. If you survey from past to present, on the one hand Indian culture says where woman is respected, **there liver all angels. But** Manusmruthi restricts her freedom by saying, she is to be controlled by her father during her childhood, husband has to protect her during her younger days and son has to protect her during her old age. When 1975 was celebrated as International Women's year in 1975. I had written an article in a paper that, mere celebration of a day or to conduct a seminar or to have a speech on empowerment of women will not be sensible, unless her empowerment is 100%, on the basis of gender equality equal opportunities for education, employment **and life**. Gandhiji had said long ago that if and only if women can walk safely on the road in the midnight, then only **word independence is meaningful**.

United Nations, Unicef have been doing their best, to motivate and promote empowerment of

women from 1975. Let me submit my observations based on my experiences from 1958 till today. Male domination has never given prominence to women, Listen to her views, preferences and decisions in the fields of education, employment, marriage, family life including sex, getting child and number of children. If the first child is a girl baby, many families harass that mother for not getting a male child wives wish, interest, likings are never given importance. Son is given the exclusive responsibility regarding property and family responsibility. In cities and metros, may be the female voice is strong, due to factors such as education, income and status of family, knowledge about law, love marriage and living relationship. But still today the situation is very different in rural areas, in the nooks and corners of this country. In this background. Let me quote message of **Antonio Gutarus, the secretary general of U.N.O.** "We are at a pivotal moment for women's rights. The historical and structural inequalities that have allowed oppression and discrimination to flourish are being exposed like never before. On social media, on film sets, on the factory floor and in the streets, women are calling for lasting change and zero tolerance for sexual assault, harassment and discrimination of all kinds. Achieving gender equality and empowering women and girls, is the unfinished business of our time and greatest human rights challenge in our world. There are more girls in school than ever before , more women are doing paid work, and in senior roles in the private sector academia, politics and in UN. We now know that sexual harassment and abuse have been thriving in work places, public spaces and private home, in countries that pride themselves on their record of gender equality. The fifth aim of sustained development programme of U.N is very important here. That is to achieve gender equality, to have empowerment of all girls and all women. Here the 4th aim expects to achieve complete free primary

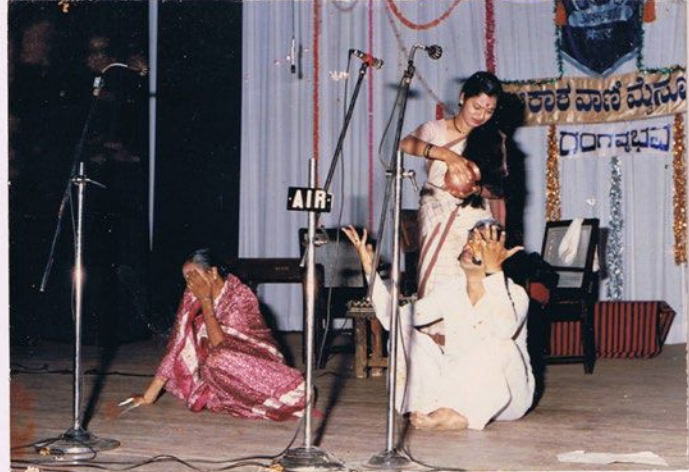


and middle school education, to all girls and boys, which is qualitative by 2030. So all boys and girls must get qualitative pre-child development, care and pre-primary education, to make them fit for primary education. All types of discrimination and sexual violence against girls and women, trafficking should end. All - child, early and forced marriage, female genetic mutilation should stop. world movement has got running pace towards rights of women, equality and justice 62 nd Conference of U.N committee on status of women is fast approaching. 43% of world's agricultural labor force is women. They are providing food security to their communities.

B.B.C is broadcasting **B.B.C 100 stories** of influential women. Against sexual harassment and violence, **Me Too** campaign is going on in western countries.

I am very proud and happy to share my experience in this field, from 1973 till today. When I was family planning education officer in **Family Planning Association of India Dharwad and Bangalore branches** from 1973 to 1975, I have served in 40 villeges of Dharwad taluk. In the **urban centre of Togari Galli Hublii** I have worked in urban and slum areas I propose to quote the sayings and beliefs of those people . They used to tell these proverbs and argue with us regarding number of children. **“No problem if rain pours no problem if baby arrives”**. **“prepare 10 more rotis when you prepare, give birth to 10 more children while giving birth”**. **“will God who has created you allow you to at grass”?** All these beliefs had created an impression then that, woman is a machine of producing children. Male child menia was there when people believed that, only through male child parents get heaven. He continues the family generation and only he can take care of parents during their old age, parents and grand parents used to ask the girl child, to prepare rotis and to carry her brother. I have seen hundreds of girls carrying their brothers or sisters. I have seen many rural mothers carrying one child in their hands, on their arm and one in their stomach. always her work was to feed them, and pacify them when they cries. To get their affinity I used to sit in villege temples and sing bhajans with them. I used to talk with women, their husbands, especially their in- laws and rural elders and leaders. I used to discuss with them about problems of women. I used to enact role plays.

When I was instructor in the training wing of, **Directorate of Youth Services, Govt of Karnataka** from 1975-76, I have trained thousands of youth, rural women, youth volunteers, leaders in hundreds of trainings, I have trained them for 10 days one month as per the scheduled courses. Through talks, stories, poetry recitation, enactment of play, role play I used to interact with them about gender equality, empowerment of women stopping exploitation. From 16-7-1976 to 30-11-2011. When I was in the service of all India Radio stations of Gulbarga, Mysore, Bhadravati, Raichur, Bijapur, Madikere, through various formats of broadcasting, I used to enlighten the children, rural, youth, women, senior citizens and industrial audience about equality of man and woman, and create awareness about exploitation. to take care about health of women, I have penned and presented



thousands of programmers, such as interviews with obstetricians and gynecologists, songs, dramas, features on ante-natal-natal and post natal care after conception. I have devised and presented Radio serials such as **Aaarikeya Haarike** (wish about mother care) and **mamateya Madilalli** (on the lap of affection). with the help of **family planning association of shimoga** branch and **women empowerment project of santé bennur**, I had the opportunity of planning and presenting radio serials local recordings and stage shows. Those titles of serials and stage shows were, **Hareya Bantu Hareya** (the adolosome has arrived), **Hareyada Kathe** (story of adolescence), **praya bantu praya** (young age has commenced). In Raichur I have broadcast **Hareya Nakkaga** (when adolescence smiled). In all these programmers if have guided audience about family life education and marital life. As a resource person for departments of **women and child development, literacy, education, Health** I have given lectures and drams shows on law against exploitation and harassment of women. I have toured with **kanunu Seva Pradhikara** (legal education authority, and I have educated women groups about the amendment to the act against family harassment and violence. I have frequently visited villeges of chamarajnagar and mysore met rural women, agricuralar labourers, members of women societies and N.G.O.s, motivated them to speak and share their views. I have recorded their tensions, efforts achievements, their combined fight against liquour, matka, Tabacco addiction. I have broadcast women's programme for the duration of 30 mts, daily on all 6 days of week. Joining with **Madyapana Samyama Mandali** I had arranged women awareness programme. I have trained members and beneficiaries of **Mahila Samakhya** Institution for play, feature and songs, written by me. Through broadcasting from AIR stations of Raichur Bijapur, Madikeri and Mysore I have broadcast special programmes during International Women's week and day programme such as phone in and phone out, playlets, features on women. In Mysore, in O.D.P. (organization for development of people), I had delivered a lecture on International women's day in 2009.





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A SALUTE TO WOMEN

“After women, flowers are the lovely thing God has given the world”- Christian Dior

We celebrate International Women’s Day every year on **March 8** to celebrate women’s achievements throughout history and across nations. It is also known as the United Nations (UN) **Day for Women’s Rights** and International Peace.

Throughout history, the central role of women in society has ensured the stability, progress and long-term development of nations.

In this modern era, there is hardly any job or service which women can’t do. Be it agriculture, teaching, science, astronaut, entrepreneur, doctor, care taker, engineer, cab driver or defense personnel, in all fields you will find women working there. In addition to these she also fulfills her role as a daughter, a mother, a wife, a sister, daughter-in-law, etc. She is a multitasking, multi talented individual. In reality every day is women’s day.

In spite of all services, care & comfort we men get from our counterpart, women have not been sufficiently appreciated, cared and valued in our world. We are witnessing, increasing violence & brutality against women.

Excerpt from Manuscript (*Manusmriti*):

Sanskrit:

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः । यत्रैतास्तु न पूज्यन्ते सर्वोस्तत्राफलाः क्रियाः ॥

English:-

Yatra Naryastu Pujyante Ramante Tatra Devata | Yatrataastu Na Pujyante Sarvaastatrafalaah Kriyaah

Meaning: “Where Women Are Honored, Divinity Blossoms There; And Where They Are Dishonored, All Action Remains Unfruitful.”

Life of a woman today is definitely challenging! The demands are many. She has to strike a balance between work and family. Finding the time and energy to fulfill these responsibilities and cope with her own needs can be difficult and can eventually take its toll on her health.

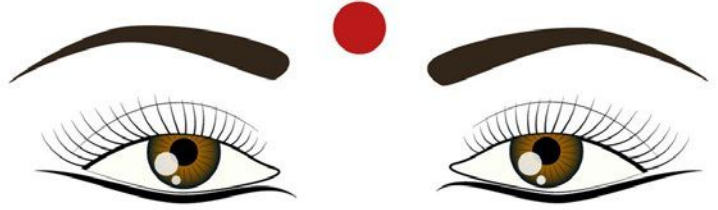
In this write up I have made an attempt to elaborate health issues which are faced by women and how they can be overcome through Homeopathy.

Common Physical Health issues in women

● **Menstrual problems**

A normal menstrual cycle is very much essential for women. The normal cycle is maintained by hormones; however when there is hormonal imbalance, a woman is subjected to great distress both emotionally and physically.

The abnormalities of menstruation like heavy or absence of periods; painful periods (dysmenorrhea) can be effectively treated with homeopathy. The



underlying causes of these conditions may be due to ovarian cysts (PCOD), uterine fibroids, Endometritis, Dysfunctional uterine bleeding (DUB) etc. Many of these conditions can be effectively treated without surgery (Uterine removal, D & C etc).

Certain infections like vaginitis, cervicitis are very common in women. They give rise to certain embarrassing symptoms like itching and white discharge (Leucorrhoea). Though they yield to antibiotics yet recur from time to time. Homeopathy can put an end to this vicious cycle when adopted along with certain hygienic measures.

● **Menopause**

During and after the menopause the hormones undergo lot of changes which can lead to symptoms such as hot flushes, night sweats, weight gain, mood swings, menstrual irregularities, incontinence and insomnia. Treatments like HRT (Hormone replacement therapy), Hysterectomy (surgical removal of uterus) etc can be avoided in most of the cases.

● **Infertility**

Homeopathy is very beneficial for helping women with a range of infertility problems. It can be used alone or alongside conventional fertility treatment and is a safe and natural way to boost the functioning of the reproductive system.

● **Pregnancy & Breast feeding**

The symptoms which are commonly seen during pregnancy are excessive nausea, vomiting, constipation, infections.

Some of the problems encountered during breast feeding are- Absence of breast milk, insufficient breast milk, and inflammation of breasts (Mastitis) etc. They



can be corrected with homeo medicines, so that the new born baby may get mother's milk which is most essential for growth and development of immunity.

One can avoid Breast pumps, which often leads to painful experience to the mother. Milk (lactogen) supplements which in no way equal to mother's milk may also be avoided. Most of the treatments provided in conventional system for the health issues faced during pregnancy & post child birth have limited application due to their adverse effects. Homeopathy offers a safe alternative to both mother and child during pregnancy, childbirth and even during breastfeeding.

- **Osteoporosis**

This is a condition characterized by thinning of bones of the body. Bones lose their density, become weak and can break easily. Osteoporosis is common in women compared to men.

Estrogen hormone which regulates women's menstrual cycle plays a major role in keeping bones strong and healthy. During menopause the estrogen level falls drastically, leading to loss of bone density causing osteoporosis.

Homeopathy can be of great help in osteoporosis as it not only takes care of bones but also helps body to overcome the effects of low estrogen levels during menopause.

- **Nutritional disorders**

Health issues due to the deficiency of Iron, minerals, vitamins and proteins were earlier believed to be only because of inadequate intake. This was considered due to inadequate knowledge and poor economic conditions. In contrary to this, now, conditions like Anemia, Vit B12 deficiency, Calcium deficiency etc are commonly seen in educated and affluent urban women. This clearly shows the importance of proper absorption of these nutrients from the body. Homeopathy medicines can help in proper absorption of nutrients from food and their assimilation from the body, thus contributing to prevention and treatment of nutritional disorders in women.

◆ **Common Mental Health issues in women**

Stress created by the multiple roles they play, gender discrimination and associated factors of poverty, hunger, malnutrition, overwork, domestic violence and sexual abuse; combine to account for women's poor mental health

- **Depression:** Women is subjected to significant biological and hormonal changes in their life span, more so than men, these shifts lead to changes at mental and emotional planes. She encounters many complex situations in her life as she has to shoulder multiple responsibilities. This is most common in working women who needs to take care of both family and work.
- **Anxiety:** In countries like India, women are still considered inferior to men. They are subjected to many restrictions. Women is victim to domestic violence, sexual abuse, social restrictions, cultural practices, superstitions; that make women feel insecure, anxious and many live with constant fear. Many anxious women also suffer

from Post traumatic stress disorder, a condition of persistent mental and emotional stress as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world.

- **Eating disorders:**

Eating disorders are any of several psychological disorders characterized by serious disturbances of eating behaviors.

The eating disorders, especially anorexia nervosa and bulimia nervosa, have been classically described to occur in young females.

Anorexia Nervosa is an emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

Bulimia Nervosa is an eating disorder characterized by episodes of secretive excessive eating (binge-eating) followed by inappropriate methods of weight control, such as self-induced vomiting (purging), abuse of laxatives and diuretics, or excessive exercise.

A Homeopathic perspective on women's health

Homeopathy can play a vital role in safeguarding women's health. Homeopathy is beneficial for the whole range of emotional, mental and physical problems that a woman is likely to experience throughout her life.

The emotional, mental health issues faced by women can be taken care by Homeopathy and Bach flower medicines. Homeopathy is a advanced system of medicine which is gentle, safe and devoid of adverse effects. It has proved its efficacy in the treatment of women's illnesses in both physical and mental health realms.

From easing of labor pains, maintaining normal menstrual cycle, curing of fibroid or other tumors/ cysts of uterus and ovaries, tuning the body to cope up with menopausal changes, increasing the chances of fertility or keeping the bones strong to prevent osteoporosis, Homeopathy can offer a wide range of benefits through its treatment to keep women mentally and physically strong and healthy to face any challenges in the world.

◆ **Conclusion:**

A woman is God's most delicate and beautiful creation who's beauty, brains and abilities are beyond any doubt. These qualities can be brought out only when we respect women, when we men treat her not just as an object of pleasure but a subject to be respected and valued for her sacrifice, abilities and much more.



HERNIA



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A hernia occurs when a portion of an organ within the abdomen, such as the intestine, protrudes through a weakness in the muscles of the abdomen. A soft bulge is usually seen underneath the skin where the hernia is located.

A hernia occurs when the contents of a body cavity bulge out of the area where they are normally contained. These contents, usually portions of intestine or abdominal fatty tissue, are often enclosed in the thin membrane that naturally lines the inside of the cavity. Although the term hernia can be used for bulges in other areas, it most often is used to describe hernias of the lower abdomen.

Hernias by themselves usually are harmless, but nearly all have a potential risk of having their blood supply cut off (becoming strangulated). If the hernia sac contents have their blood supply cut off at the hernia opening in the abdominal wall, it becomes a medical and surgical emergency.

◆ Causes of hernia

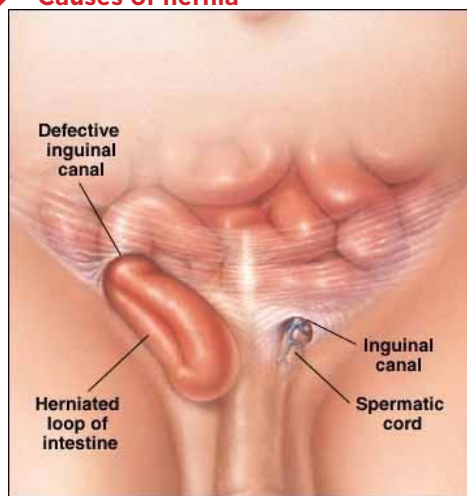


Fig 1: Inguinal Hernia

The wall of the abdomen, comprising muscle and tendon, performs several functions, one of which is to provide strong support to the internal organs which are exerting significant outward pressure. The opening of a gap in the tissue can occur of its own accord at a point of natural weakness, or by over-stretching a part of the tissue.

The occurrence of the gap in the abdominal wall results from the ensuing bulge of intestine through the gap.

Additional pressure on the internal tissues which, in turn, push out through the opening a little more each time. This also enlarges the opening itself. If unchecked, this process can continue even to the extent of allowing much of the intestine to hang down

through the hernia.

Heavy weight lifting, Coughing, Straining during a bowel movement or urination, chronic lung disease, Fluid in the abdominal cavity can cause hernia.

◆ When does hernia appear?

Hernia can occur at any age, but one-third of hernias in children appear in the first six months of life.

◆ Types of Hernia

Inguinal hernia: A hernia that occurs in the groin (inguinal) and is called inguinal hernia. Making up 75% of all abdominal wall hernias and occurring up to 25 times more often in men than women. These hernias are divided into 2 different types, direct and indirect.

Indirect inguinal hernia: An indirect hernia follows the pathway that the testicles made during prebirth development. It descends from the abdomen into the scrotum. This pathway normally closes before birth but remains a possible place for a hernia. Sometimes the hernial sac may protrude into the scrotum. An indirect inguinal hernia may occur at any age but becomes more common as people age.

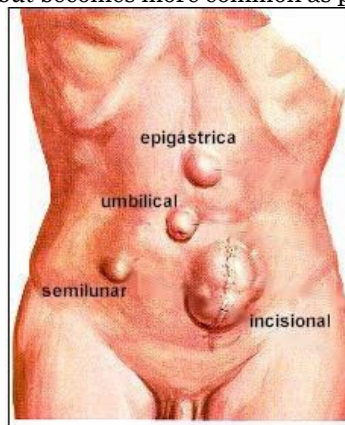


Fig 2: Picture showing different types of Hernia

Direct inguinal hernia: The direct inguinal hernia occurs slightly to the inside of the site of the indirect hernia, in a place where the abdominal wall is naturally slightly thinner. It rarely will protrude into the scrotum. Unlike the indirect hernia, which can occur at any age, the direct hernia almost always occurs in the middle-aged and elderly because their abdominal walls weaken as they age.

Femoral hernia: A femoral hernia causes a bulge below the inguinal crease in roughly the middle of the thigh. Rare and usually occurring in women, femoral hernias are particularly at risk of having their blood supply cut off and becoming irreducible.

Umbilical hernia: These common hernias (10-

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30%) are often noted at birth. This is caused when an opening in the abdominal wall, which normally closes before birth, doesn't close completely. Even if the area is closed at birth, umbilical hernias can appear later in life because this spot remains a weaker place in the abdominal wall. Umbilical hernias most often appear later in elderly people and middle-aged women who have had children.

Incisional hernia: Abdominal surgery causes a flaw in the abdominal wall that must heal on its own. This flaw can create an area of weakness where a hernia may develop. This occurs after 2-10% of all abdominal surgeries, although some people are more at risk.

Epigastric hernia: Occurring between the navel and the lower part of the rib cage in the midline of the abdomen, epigastric hernias are composed usually of fatty tissue and rarely contain intestine.

Reducible hernia: New lump in the groin or other abdominal wall area. Lump increases in size when standing or when abdominal pressure is increased (such as coughing)

Irreducible hernia: usually painful enlargement of a previous hernia that cannot return into the abdominal cavity on its own or when push it.

◆ **Signs and Symptoms**

- Swelling or a bulge in the groin or scrotum may be seen during crying.
- A smooth mass that is usually not tender.
- Localized pain in the area of the hernia.

◆ **Diagnosis**

The diagnosis is made through medical history and careful physical examination by a doctor.

◆ **Complications**

An untreated hernia may complicate by:

- Inflammation
- Irreducibility
- Obstruction
- Strangulation
- Hydrocele of the hernial sac

◆ **Treatment**

Medical treatment:

Uncomplicated small hernias may be treated by using trusses and surgical belts. They hold the hernias back from protrusions. Surgery may be avoided or postponed for some time using these devices. They should not be used in case of femoral hernias or complicated hernias

Surgical treatment: Hernia requires an operation, to avoid complications it has to be done as soon as possible. Surgery is made through general anesthesia.

There are two types of hernia repair surgeries:

Open surgery: During open surgery, the hernia is repaired through an incision in the groin. Open surgery is safe, effective, and has been done for many years.

Laparoscopic surgery: Laparoscopic surgery is a newer method for repairing an inguinal hernia in adults. A surgeon inserts a thin, lighted scope through a small incision in the abdomen. Instruments to repair the hernia are inserted through other abdominal incisions.

Laparoscopic hernia surgery may have some advantages over open surgery in certain situations. Studies show that people have less pain after this type of surgery and return to work and other activities more quickly than after open surgery. It is more expensive than open surgery.

After surgery, the risk of hernia returning is extremely low. However, risk is known to be higher in premature infants.

◆ **Prevention**

- Change in lifestyle
- Avoid smoking and alcohol habits
- Concentrate on increased body weight.
- Regular exercise and yoga can prevent ill effects of hernia.

◆ **Conclusion**

Hernia is a treatable disease. Proper medication can avoid hernia becoming worst. Some hernias may be treated without surgery. Avoid activities like lifting, coughing or straining that may cause the hernia to increase in size.



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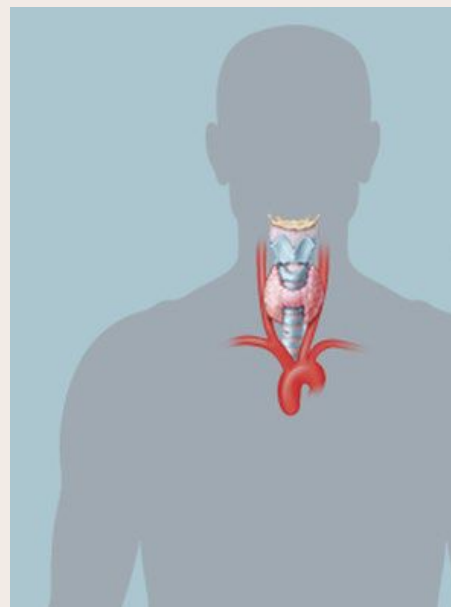
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THYROIDISM

The thyroid gland is a butterfly-shaped gland located in the neck, secreting thyroid hormones. The hormones produced by this gland have two primary functions: they enhance protein synthesis and oxygen utilization. These physiologic activities, in turn, influence the Basal Metabolic Rate (BMR) or the processes by which the body uses energy. The level of thyroid hormone production is determined by levels of Thyroid Stimulating Hormone (TSH) released from the pituitary gland. The thyroid produces a hormone called tri-iodothyronine, known as T3. It also produces a hormone called thyroxine known as T4. Together, these hormones regulate our body's temperature, metabolism, and heart rate.

When hormones are not secreted properly, the two conditions may occur -hypothyroidism and hyperthyroidism.



In **hyperthyroidism**, the thyroid gland produces too much thyroxine or triiodothyronine and speeds up the body's metabolism. It is also known as overactive thyroid gland. Symptoms for hyperthyroid are: insomnia, fatigue, anxiety, weight loss, menstrual problems, sweating, poor memory etc.

Hyperthyroidism is diagnosed when TSH is suppressed and FT4 or FT3 levels are higher than the normal reference range. Subclinical hyperthyroidism is diagnosed when TSH is suppressed but FT4 and FT3 levels are within the normal reference range. Clinical symptoms and signs are typically absent, mild, or non-specific in people with subclinical hyperthyroidism.

Hypothyroidism or underactive thyroid occurs as a consequence of deficient secretion by the thyroid gland. Symptoms for hypothyroidism are: depression, goiter, dry hair, dry skin, weight gain, brittle nails, fatigue, constipation etc.

Hypothyroidism is diagnosed by a serum thyroid-stimulating hormone (TSH) concentration above the normal reference range and a serum free thyroxine (FT4) concentration below the reference range. Subclinical hypothyroidism is diagnosed by a TSH concentration above the reference range with an FT4 concentration within the reference range. In both the cases patient may or may not experience the symptoms.

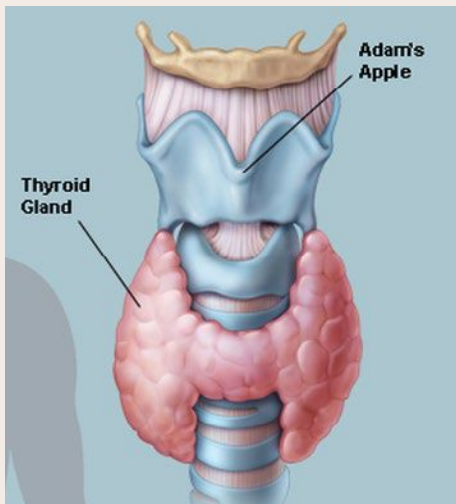
Acupuncture has a holistic perspective in the development of diagnostic impressions and treatment procedures for every patient. The purpose of treatment in **Rishi Acupuncture Clinic** is to awaken the natural ability of the body to heal itself. Acupuncture treatment seeks the root cause within the patterns of imbalance, which determines to be a deficiency of Kidney and Spleen energy.

There are eight acupuncture channels which are directly or indirectly connected with the thyroid gland around the neck. These are the Kidney, Liver, Gall Bladder, San Jiao, Bladder, Stomach, Spleen and Small Intestine channels.

Acupuncture approach to **hypothyroidism** is Yang Deficiency in which the function of the body to warm, motivate and transform is insufficient. The primary organ systems that are included are the Spleen and Kidney, also the Heart organ system becomes more involved in the advanced stage.

According to Acupuncture, **hyperthyroidism** is a combination of Qi (energy) and Yin inadequacy, Liver fire uprising and phlegm stagnation. Qi and Yin inadequacy is the fundamental cause, while the symptoms and signs show Liver fire and phlegm stagnation.

Eating fresh vegetables and fruits will help you maintain thyroid and overall health. You should also eat vegetables and fruits high in antioxidants, such



as onion, ginger tea, cherries, tomatoes, capsicum etc.

However, when you are working toward thyroid health, you need to know which kind of thyroid issue you suffer from because some vegetables can be more harmful than helpful.

For example, if you are suffering from **hypothyroidism**, you should avoid anything in the cabbage family, spinach, broccoli, soy beans etc. These foods interfere with thyroid function.

We suggest avoid eating and drinking frozen or very cold temperature foods straight from the fridge. It's best to leave them to warm up to room temperature

before eating. Avoid eating salads and raw foods in the winter.

Every spoonful of **yogurt** (Curd) acts as a protective shield for your thyroid. That's because yogurt is naturally rich in Vitamin D, and not getting enough of the nutrient puts you at a higher risk of obesity and thyroid diseases. (Taking curd at night may lead to mucus formation and phlegm stagnation). Adding table salt to our daily diet is advisable, as it is the primary source of Iodine, required by our body.

◆ Lifestyle and exercise suggestions for hypothyroidism

People who experience these symptoms are better suited to being in warm and sunny environments. Avoid living in damp and cold environments. It is best to choose warm colors to decorate your home such as red or orange. Get plenty of sunshine, at least 30 minutes a day.

Slightly vigorous exercise is suitable, but ensure that the exercise you do is suitable for your body's energy levels. If your body feels very tired the next day, this is a sign you did too much exercise the previous day.

◆ Hyperthyroidism:

Diet suggestions - Avoid eating spicy and hot flavored foods such as ginger, chili, onion, pepper, garlic etc. Eat more cooling foods such as cucumber, watermelon, pear, green vegetables, fish, green tea, peppermint tea.

Lifestyle and exercise - It is most suitable for people with overactive thyroid symptoms to stay and live in cool environments. Especially exercising in cool and green environments such as gardens, parks and forests.

You can decorate your living area with green, blue and white colors. (Preferably light colors)

Note: 1. Yin and Yang are two major aspects of vital energy. We can also call it as two polarities of same objects / substance / energy / nature / human etc... These are said to be opposite but interdependent, where one cannot exist without the other.

2. If the patient is accompanied with any other health conditions along with Thyroid, then we suggest consulting his/her doctor before following any of the above guidance.

For any clarifications or questions, you can contact RISHI ACUPUNCTURE CLINIC, Mathikere, Bangalore. Also whatsapp on 98442 65625, 9986073931 with your personal details.

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From my Diary

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Recognize the cause of pain to clear endometriosis

Dysmenorrhea/pain during menstrual cycle in endometriosis is a disorder mainly due to disturbance of vata bioenergy. The gross and subtle disturbances of vata bioenergy are responsible for this ailment and are more commonly seen in vata prakruti/constitution ladies. It is important to recognize the cause of pain to clear and be free from this ailment

◆ **Recognize the cause of Pain to cure endometriosis:**

Dysmenorrhea/pain during menstrual cycle is a disorder mainly due to disturbance of vata bioenergy. The gross and subtle disturbances of vata bioenergy are responsible for this ailment and are more commonly seen in vata prakruti/constitution ladies. Painful menstruation is one classed in twenty yoni rogas/ reproductive disorders in chapters of Ayurvedic gynecology and are named as Udavarta, Upapluta, Paripluta and vatala yoni vyapad depending on the intensity and the area of involvement. For any illness or condition certain symptoms may be more pronounced

in one individual than in another. Diagnosis is skilled undertaking which must be carried out by a physician and not from any information got from articles. But it is wise to understand that early diagnosis and treatment produce the best results and outlook for the patient. So if you are experiencing any symptoms even mild ones that are causing you concern it is best to consult a doctor and not attempt to diagnose and treat yourself.

A menstrual flow is a combination of mucus, impure blood and calcium alkaline mixture. On an average Cycle vary from 28 to 30 days and these types of cycles are considered healthy when not accompanied by pain, amount of flow is proper, colour is red, lasting for three to five days. When the flow is seen outside i.e. in the form of menstruation it is called as bahipushpa/menstruation, after the flow stops 16 days is considered as anta pushpa - a stage of growth rejuvenation and maturation. It is very important to understand that a lady's health is governed by regular flushing out of her menstrual flow. If there is any problem regarding this then it is termed as rajodoshha /rajovikara. A lady not having any rajo vikara is capable of conception. Though a girl attains menarche at the age of 12 to 13 she is capable of conception when the artawa has attained full maturity.

Dysmenorrhea is one of the symptoms of vatala yonivyapad, udavarta yoni vyapad and other yoni rogas/Reproductive disorders mentioned in Ayurvedic classics. The pain starts in the spine region there is discomfort in the entire body, head ache, lethargy, nausea and pain with spasms. Pain generally starts from Day one of MC and continues till second and third day of MC. Pain is not continuous but comes in bouts. First 3 to 4 bouts can sometimes be so painful that they can cause unconsciousness and severe spasm in the chest region but when there is clearance of menstrual flow the pain gradually vanishes.

◆ **Apatantraka /spasms of the uterus**

Spasms of the uterus can be created by Bhadak/Obstruction and occurs when a woman has normal menstrual period but is unable to flow out due to obstruction in the reproductive tract.

- The first type of obstruction is due to involvement and vitiation of Blood; symptoms include -- pain in the waist, cycles occur once in one or two months and pregnancy is not stable.
- The second type is due to obstruction where there is inflammation in palms, soles, eyes and in the uterus. The intermenstrual period is 15 days there is mucus in the menstrual flow and colour is dirty red.
- In the third type the Tags /polyps are the cause of obstruction and the subject experiences heaviness in the body, heavy menstrual flow, lethargy, pain in the lower abdomen, burning sensation in the palms and soles, weakness in the body, flow continues for 3 months. Uterine polyps/tags are growths attached to the inner wall of the uterus and extend into the uterine cavity. Overgrowth of cells in lining of the uterus leads to formation of uterine polyps

These clients have frequent unpredictable periods of variable length and heaviness.

- Fourth one is obstruction due to vitiation in water metabolism. In this condition there is good movement of baby if pregnant but there is nagging abdominal pain in the body, low HB, possibilities of abortion, pain in the breasts/ heaviness, cycles delayed, flow scanty.

In all these disorders where there is obstruction it is difficult for conception and carrying baby to term.

◆ **Access before Treatment**

Before treatment Assessment is done:

- If there is constriction of the vaginal canal or constriction of the cervix clearing the constriction with a probe or by using cleansing tampons is recommended.
- If there is pain due to displacement using Ayurvedic pessaries is recommended
- Simply correcting constipation relieves obstruction for few of them.
- Exercises and movement improve circulation. Any exercise that makes you sweat or breathe hard because exercise releases feel good hormones which work like pain killers to relieve pain. Exercise improves circulation. This is important because our blood carries oxygen and nutrients to important body systems. Regular exercises lowers the amount of kapha in the body. Since the goal of the treatment is to lower kapha levels to relieve obstruction regular exercises helps lower Dysmenorrhea symptoms.
- Women with endometriosis spend a lot of time in pain curled up in bed, the muscles and connective issues in their pelvis, abdomen, back and hips can become tight and sore. When you exercise the muscles and connective tissues lengthen and allow the nerves/vata bioenergy to glide freely within the issues

◆ **Treatment depends on the cause**

First focus on correcting and purifying the menstrual flow /artawa.

There are 2 stages of treatment

1. Plan A. Treatment during menstruation
2. Plan B Treatment from D4 to D1 of next menstrual cycle.

Plan A Medicines for flushing out menstrual flow

In this plan the Medicines are given

1. orally in the form of powder, tablets, decoctions, lehya, arista or asava to relieve the spasms and pain
2. In the form of decoctions or medicated oils or in the form of tampons is administered vaginally.
3. In form of niruha basti and sneha basti in anal canal to pacify apana vata bioenergy relieve pain.
4. Uterine instillations to dislodge the excess secretions and lubricate the endometrium.

In Plan B if Dysmenorrhea is due to obstruction

1. Remove this with the help of Shalaka /probe.
2. When there is alteration in the character of menstrual fluid due to retention for a long time herbs in the form of decoction is given to cleanse and digest the toxins.
3. When there is inflammation or distention in the uterus due to retention of the menstrual flow for a long time medicines which reduce inflammation and

flush out menstrual flow are prescribed

4. In reduction of menstrual flow due to vitiated vata bio energy herbs to pacify and rejuvenate vata bioenergy and medicines to improve the quality and quantity of blood are indicated.

5. In discolored menstrual flow the toxin associated in creating discoloration is corrected

6. If there is clotting of blood with inflammation medicines to reduce swelling, dryness and trigger the flow of the blood are administered.

Ayurvedic pharmacology describes the amazing benefits derived from application of plasters and tampons along with oral medications.

They reduce swelling dryness, trigger the flow of blood and reduce foul smelling discharge.

◆ **Medicines:**

To keep stomach clean Ayurvedic preparations like Sukumara Rasayana is given.

For deficiency of blood Giving iron preparation like loha bhasma with Trivanga bhasma and Rasayanas like Aswagandha rista, drakshasava and

Chavyanaprashavalehya. Fruits like badam/ almonds, figs, apple, moosambi etc.

◆ **For short cycles**

- If in a month subject experiences menstrual cycles twice with Dysmenorrhea special preparations like Shubha chandramsua rasa with jeeraka kashaya, & ashoka rista and samshaman vati with cold water. After disease matures special rejuvenators like nasta pushpantaka rasa and ajwan are given twice daily in combination with Dashamoola rista after food
- If there is severe weakness with white discharge medicines like chintamani, chaturmukha with japa kusuma as anupana/after drink are prescribed.
- In obstruction
- In obstruction due to blood vitiation Nashta pushpantaka rasa and chandramsua rasa are given with jeeraka quatha.
- In sasti bhadak with involvement of six organs pusyanuga churna with Ashoka ghrutha at 10 am with cow's milk and Ashoka twak churna with at 4pm with cold water.
- In under developed uterus Trivanga bhasma and Mandoora is given morning and evening with bramhi Rasayana
- In displaced uterus Physician educates the subject to insert pessary to keep it in place and gives Rowpya bhasma with madhu, ghrutha and advises full rest.
- In ankur bhadak/Polyps giving Ashoka ghrutha with parval pisti, gulvel satwa and misri on empty stomach and give ashoka rista, sherbet anar, rose water with application of mud pack helps.
- In Jala kumara bhadak phalakalyanaka ghrutha with milk twice daily and after food chandramsua rasa ashoka rista and Aswagandha rista.
- In Dysmenorrhea due to ovarian problems give chandramsua rasa chandraprabha vati and bola
- If Dysmenorrhea is due to white discharge give praddharantaka rasa and to reduce discharge give soowbhagya kshara Triphala and gular utara basti.

Oh look at me! Am I not lightening slim?

Not from a Doctor
But from the pen of an Actor



◆ **N.V Ramesh**
Mob:- 98455-65238

Recently it has been observed that, beauty consciousness has increased in youth, especially in young and adult women. The main reason is influence of beautiful and attractive bodies of cinema stars, advertisements in T.V channels and print media. These people have developed a mentality that, he and she should look very nice, beautiful and very attractive, in front of others. Especially teenage girls have a feeling that she should appear like a flash amidst friends and male members. A few girls imagine that, their attraction should appear in the eyes of men and attract the male members, and also that they should turn again and again to look at these girls. For this her emotion prepares her for every effort. Daily these youth trim their bodies with physical exercise, diet. They are dreaming to achieve the illusion of zero figure size. They want to keep their body very slim, especially to have a very slim waist as a mark of youthfulness. For every one zero figure can be a model. But it is not at all possible for all, to invest so much time, Energy, money daily. I feel, we can make a few changes in our daily food intake in this direction. If we follow and continue formulas of balanced diet, with traditional Indian vegetarian food, ofcourse with a few changes based on Health rules. These are the hints given by experts.

According to **David Katwaa** a Medical expert from Dubai, your weight increases if you eat, more calories than you spend. This is the life story inside you. As per the findings of **Barbara Rolls** an expert in Nutrition food, certain foods create food a feeling of

food satisfaction. Good fibre healthy fat, protein and eatables with more water content, help in not making your stomach full for a longer period. An organization namely: **Slimming world of England** advocates magical composition of body to have change in mentality. In this method based on happiness, content and energy concentration through food,

an unique style of food pattern prescribed. This food should satisfy your hunger. But vegetables, fruits and potatos, with less energy concentration are to be used. First stage is to get down from bus, one stop earlier to your stop and to walk, Next is not to use lifts and climb and get down steps. The next is not to use lifts and climb and get down steps. The next stage is to increase physical activities. The food items, suggested by various food experts, which can eaten every day and still one can become slim, are as follows.

- **Pure water lime water:-** food expert **Keri gans** advocate drinking a little water now and then. If you drink more cold water, you will eat less. By eating seasonal fruits such as water melon and by



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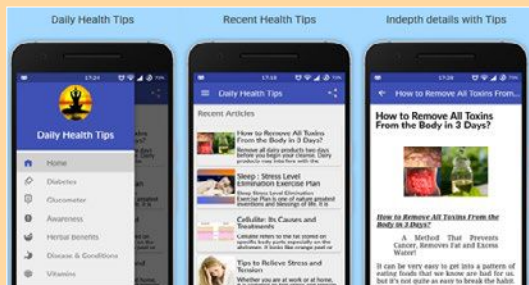
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using more and more mint and ginger in food, the magic of slimming works.

- According to food expert **Melissa Halas** laying an oil seed like sunflower, as asafetida and curds like fermented food, there will be a healthy bacteria called **probiotics**. This helps in the process of digestion in your body and in preparing and maintaining complete health system. Probiotics is supported by this to support reduction in weight. Remember dissolvable fibers such as garlic, oats, soybeans, salad of fresh and not boiled raw vegetables.

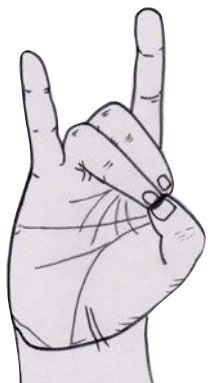
A study at **Tenness university** has declared the following results. The study was about a weight reduction programme for 12 weeks. There were 2 groups. one group ate curds with less fat, 3 times a day. other group did not eat this. The weight of the members of the group which ate curds reduced their weight 2 times more than that of the other group. Calcium and mixtures of bio activities of the body slowdowns the collection of fat around waist and that is burnt at the earliest.

- **soup**:- As per one survey on obesity, when you drink one ounce of soup twice, you can't eat more and quantity of calorie intake is reduced.
- **Do not drink fruit juice**. Eat the fruit itself. when you cut and squeeze the fruit, freshness and nutrition gets reduced.
- **Leave sugar**:- sugar content in dates and fig is enough. Never use white sugar or atleast reduce its consumption. Never drink colas and soft drinks content of sugar is more and nutrition is zero in these drinks.
- **Honey**:- In the empty stomach, early morning you mix one spoon honey, half lime juice and warm water and drink. By this weight gets reduced. It you want, you can take this every night also. Consume fruits with curds and honey.
- **Coffee – Tea**:- If you drink coffee tea with milk and more sugar, more calories enter your body through these drinks. Instead of this, drink Green tea, or coffee / tea without milk and sugar. Through these changes, calory in take, gets reduced and this helps to reduce body weight.
- **Reduce Oil**:- Every day, every individual has to use 3 to 4 spoons oil only. If you use again and again boiled oil, reprocessed oil, satiable oil, the level of cholesterol shoots up. Eat cooked food. Reduce

consumption of fried food. Eat baked potatoes. If you eat fried food like French fry weight gets increased.

- **Apple**:- Eating an apple a day, reduces fat. water content is more here. This has the capacity to decrease fat and weight. Apple prevents increase of sugar content in blood. The soluble and non-soluble fiber gives you energy. Apple contains **quer - setin** which prevents cancer. Organic Apple is much more better.
- **Avokados of piers fruit**:- This fruit increases hunger. But sugar in blood level is not increased. Amino acid, more water content, fibre and healthy fat in this fruit are very good for you.
- **Rasberries**:- This red fruit of berry group, contains 8-5% water. This keeps away the dehydration. If you eat 1 cup, that gives 8 gram water.
- **Wheat cereal**:- **Dr. Katz** says whole wheat is the best cereal for cooking. This include iron, and E vitamin, B6 vitamin, and fibre. Instead of eating maida bread, eat either multigrain or whole wheat bread.
- **Oats Meal**:- Body fitness of people who have taken breakfast, is more than that of those who have not eaten. If you eat oats meal, you will not be hungry for a longer period.
- **Spinach**:- Iron contents more, and this increases your strength. To supply oxygen and energy to your cells, to give strength to burn fat, this is required. women need 18 mg iron everyday. If you cook spinach and eat once, you get 6 mg iron. If you eat this with lime having vitamin C, your body absorbs metals.
- **Cauli flower**:- **Dr Rolls** calls for eating more cauliflower, a vegetable without carbohydrates. This has C Vitamin and a nutrition called **sulpho rafen** which fights cancer
- **Almond**:- This contains more protein, more fiber and healthy fat. If you eat twice a week or more, body weight does not increase. Almond provides magnesium. Though calory is more, body takes only 15% of this.
- **Ground Nut**:- many people eat groundnut. If you eat this, your eatable food quantity gets reduced.
- **Choclate**:- As per one study people eating chocolates are lean and thin. If you refuse to eat and later you eat more. Instead of this eat less. This increases flow of hormones such as **serotonin** and **dopamin** in the brain. A few say that you get the feeling of wellness and calmness.
- **Pickles**:- A desire is there in people to bite. If you eat pickles, little calory is increased. But this burns more calories.





MUDRAS

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HANDS

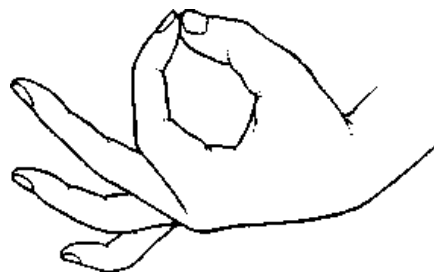
MUDRAS AND OTHER HAND THERAPIES

Exploring the Mudra Concept

We will never completely comprehend the magnificent correlations of our world. There is an order—on both a large and small scale—a reason for this universe of ours. Relationships and correspondences fill me with awe.

For example, can you imagine what it means when scientists claim that the code of the entire body, including character traits, is inherent to the nucleus of each individual cell? Eastern sages and doctors say that the body, mind, and soul are inherent to every fingertip, every finger joint in each individual finger, and naturally also in the entire hand itself. So it is quite likely that we actually have great influence on every area of the body through the fingers and/or hands.

The effect of mudras will be expressed on many different levels. The physical level is associated with material energy, but the many subtle levels are far from being completely researched. Each human being is an individual energy field or sphere. (To imagine this, think of various colored swaths of fog that mix together, permeate each other, yet still remain unified within their own color.) There are different opinions as to how many levels of energy resonate within: some schools speak of five, others of seven, and others of twelve, but



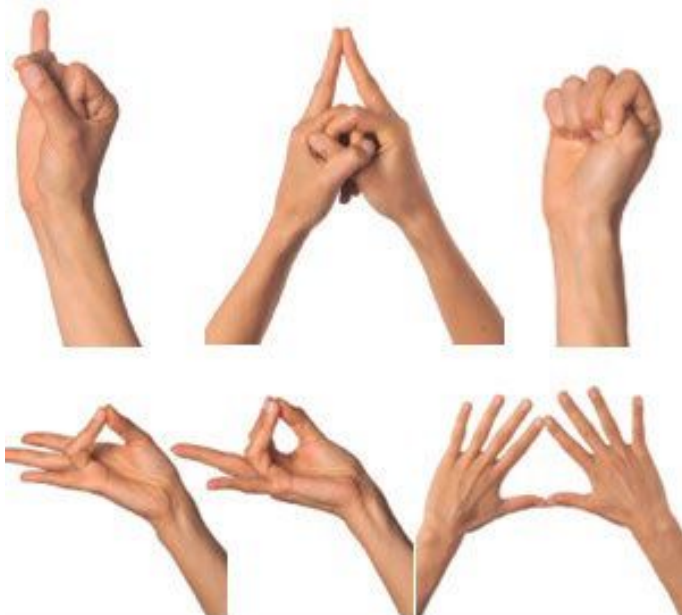
there are probably even more.

These energy fields are subject to various vibrations, some of which move more quickly than the others. The physical senses are oriented toward one very specific vibration, and this is why we can only perceive this vibration in particular. However, the ancient yogis could perceive other vibrations, such as those of the chakras (energy transformers) and the nadis, subtle streams of energy. (If you are not yet familiar with chakra theory, see Appendix D.) In Ayurveda, the healing art that originated in India, the fingers have long had the individual organs and elements associated with them. The Chinese researched the system of meridians, the subtle energy streams, creating various treatment approaches as a result. The Gypsies are said to have developed palmistry, and the hands and individual fingers are also associated with the planetary powers in astrology.

Let's look at the very concrete effect that the hands and fingers have on other areas of the body. There is a direct relationship between the hands and the neck since the nerve paths run through the vertebral foramina in the arms, hands, and fingers. The flexibility of the hands always affects the flexibility of the neck. Therefore, hand exercises relieve tensions in the neck.

Moreover, spreading the ten fingers creates a reflex that causes the thoracic (chest) vertebrae to spread out. This increases the tidal volume of the lungs.

The hands and/or fingers also have an additional direct relationship to the heart and lungs. With increasing age, many people can no longer properly stretch their fingers. This shows tension in the heart area, which often indicates the prelude to heart disease or a tendency toward osteoporosis. This slightly crooked hand position also impedes inhalation. The result is that the optimum amount of air is not drawn into the lungs, especially into the lung borders, which promotes contamination in those areas.



Pregnancy Guide

Message for Mama-to-be

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Continued from last issue....

◆ **Tips for a Healthy Pregnancy**

Pregnancy is a time where you have to be careful with yourself. Many factors affect the development of a fetus into a healthy child. Whether you like it or not there some activities you should avoid for the sake of your healthy baby. There are pregnancy risks that you have to aware of.

To help you knowing what they are, here is some checklist you might want to consider:

- **Pay attention to your diet.** Many women feel they should 'eat for two', but research has shown that women only need an extra 200-300 calories a day while pregnant, and you may be eating those extra calories anyway. What is important is to ensure that you get the protein, vitamins and minerals necessary to build another human being. Those extra 200-300 calories should not be squandered on chocolate or crisps, but should be eaten as fruit, vegetables, etc. It is also important to increase your water intake, which will help avoid constipation. Good nutrition is crucial to a developing child. At least you consume 400-1000 micrograms of B vitamin (folic acid) which can be taken from leafy vegetables, orange juice, and beans.
- **Take a good quality multivitamin and mineral supplement.** There are now ones specially formulated for pregnant women. Ideally these should be started before you become pregnant, so that you are in the best shape possible for the pregnancy, and then continued throughout your pregnancy. An adequate supply of vitamins and minerals is important right from conception
- **Do moderate exercise every day .**Pregnancy is not a time to sit still. Although adequate rest is vitally important, most experts believe that healthy pregnant women *should be taking 30 minutes of moderate exercise every day.* Don't do too much exercise No doubt if moderate exercise is helpful for mother's mental state and can increase oxygen flow to the fetus. However, too much exercise can be dangerous. Better you do activities like walking, swimming, and yoga.
- **Minimise exposure to toxic chemicals,** so spending a lot of time painting the house and

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.

laying new carpets is not a good idea, especially in the early stages of pregnancy when the baby is particularly vulnerable. Be careful with unnatural chemicals, such as pesticides. If you consume vegetables or fruits, don't forget to wash them. Or remove the outer surface of vegetables or fruit so pesticides which rest on the outside of the vegetable or fruit will be thrown away.

• **Don't drink alcohol.** If you don't want

to have low birth weight baby, and having medical problems, better stop drinking once you know that you are pregnant.

- **Don't smoke!** Chemical inhaled while smoking may cause premature birth, miscarriage, bleeding, etc. Also it reduced the amount of oxygen that baby receives. What ever you are, don't smoke and avoid second hand smoke.
- **Don't drink coffee.** Caffeine in the coffee has been shown to affect fetal heart rates. Caffeine can also increase risk of stretch marks. If you can't stop immediately, try to stop gradually.
- **Don't consume drugs or herbal remedies that are not prescribed by doctors.** What you consume might affect your unborn baby.
- **Don't have multiple sex partners** which may lead to birth and pregnancy complications.

Preventing is better than curing. If you can prevent yourself by not doing those kinds of activities, hopefully you going to have a healthy and normal baby. Try to acknowledge this on your first month of pregnant. Making a new life is something miraculous. Doing the best you can for that new life starts long before you have the baby in your arms for the first time.



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Let's train our mind to be happy....



◆ **Kumarswamy S.K.**

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In philosophy, happiness is translated from the Greek concept of eudemonia, and refers to the good life, or flourishing, as opposed to an emotion.

Dictionary Meaning of happiness

Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness.

◆ What is happiness?

Trying to think yourself happier is difficult; happiness comes when you change what you do. And of course, if you ask someone if they are happy they will probably reflect on how they feel. An unhappy person will bring to mind their feelings of sadness, perhaps some negative emotions or absence of joy.

◆ World Happiness index:

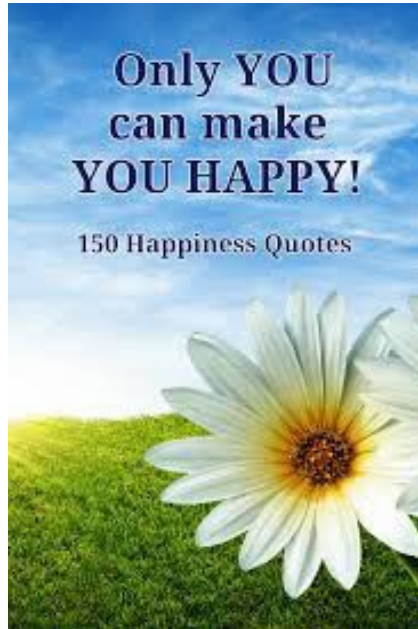
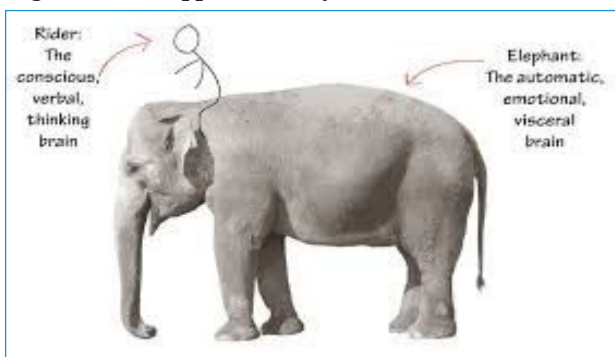
Nations such as Pakistan (80), Nepal (99), and Bangladesh (110) fared better than India. ... India ranked a low 122 on a list of the world's happiest countries, dropping four slots from last year and coming behind China, Pakistan and Nepal. Norway was ranked as the happiest country in the world 2017.

Everybody in the world wishes to be happy, yes we are all happy, but the happiness is very inconsistent, it comes & goes... !!

I will compare the mind to be the rational thinker a mahout, & the big elephant as the irrational emotions, can cause all kinds of emotions. How does the mahout control the elephant & its robust size is the train the mind full of emotions.

Each day we experience hundreds of emotions who appear & go, sometimes, few emotions hang on long enough to bother us, . Many times, its sadness. You are basically sad because things did not happen the way you wanted, they did not listen the way you wanted them to act...

Our happiness is increased when things happen the way we wished, but the reality is why should the world listen to you & behave the way you wanted, so the happiness is very inconsistent, When you allow the happiness



to depend on others behavior & action you are always heading towards the unhappiness.

If we are happy , it's we , if we are unhappy its we only, then it's the we responsible for both, what do we choose , we decided to be happy, so it's we to decide to be happy, all this is only within us. Nothing outside of us. No one gives us the happiness, & no else should give us the unhappiness too.

It's the mind who decides your happiness, THE MIND, it's your own, it has few habits, you have cultivated, it knows whatever you have allowed it to learn,

so it has ways means of keeping you happy or Unhappy.

So what we need to do is, better we ask our mind to unlearn, & we

Train the mind to be happy.

When we are actually aware what makes us unhappy, we can train our mind to be happy, don't we decide what we need to buy when we go for shopping, despite the fact that everything is there , but we buy what exactly we need , & what is useful to us,

We are aware what is the control we have on the outside us & inside of us. We have no controls on the outside of us, we cannot control people, & even the machines around us , they can trouble you & not listen to you at times.

What is that will listen to you is in you & it's you, it's you only. You must drive your happiness yourself, do not allow the others to drive,

We need to Train our mind to identify the pleasant & unpleasant, what makes us pleasant & unpleasant; we must consciously train our mind to be away from unpleasant situations,

Happiness is interred related to the amount of aspirations vs. achievement, Contentment, expectations, etc... way back 30-40 years, and our physical comforts were far low. Yet people enjoyed happiness much better than



us today. Despite of the science & technology we are having the best physical comforts, but our happiness scale is low, the country stands 122 places in happiness.

Meaning our greed to earn money, in efforts to earn faster money we resort to all short cuts, takes us away from the happiness.

Train the mind to allow only the pleasant, positive thoughts to be encouraged, un identify the negative thoughts, Discourage the incidents & words which will bring us unhappiness, in pursuit of happiness we will be running alone in the opposite direction, because the whole society has no empathy for our happiness, it's we to achieve it with our conscious efforts & practice. Our mind must decode all the negativity to positivity, take positive things in all negative aspects of life.

Many of us relate the mind to be in brain & we point the head when we refer to mind, in my thought I see the mind in all our 128 trillion cell of our body, every cell in me experience the happiness & unhappiness.

When we meet few we feel pleasant naturally , but when we meet few , against your intentions you start liking them & express your happiness in meeting them, your mind starts positively coding them in our mind, obviously with increased happiness, mind you this is experienced by the opposite person too.

Our conscious efforts in seeing the world, if it's positive we are certain to

be happy, that the reason we have our saints saying,” Yath bhavam, Thath Bhavathi “things will happen, the way you think.

We cannot blame someone to make us unhappy, you cannot praise someone that they have kept you happy, It's you can be happy or unhappy,

Its humanly not possible to illustrate the ways & means of train our mind to be happy, in an article like this, yes given a chance one to one its possible for me to express.

Train mind to be satisfied with whatever is available, Not to be greedy, love every one unconditionally, keep no expectations from any one, never brood around the past happenings we had no control on them, never hurt others knowingly or unknowingly, keep the mind calm, help yourself with meditations, never allow negative thoughts swipe the mind, see beauty in all beings, remember & encourage only the events which make you feel happy, discard the other unwanted unhappy thoughts like you do for the garbage.



Spiritual happiness is the most powerful, but one should practice & believe in that. It's the ultimate happiness one can desire for,

Happiness & unhappiness both are equally available around us; it's we & our wisdom to choose what we want that moment of the day.

Happiness is the most important ingredient to health & wellness of a person,

I wish everyone to succeed in their pursuit of happiness.

DOs and DON'TS

Prevention of heart disease in adults

◆ DOs

- Balanced diet
- 15 to 20 mins of brisk walking everyday
- Avoid cholesterol in daily food
- More intake of fiber
- Regular aerobic exercise program
- Give importance to



cardiovascular exercise like walking, jogging, swimming and cycling etc.

◆ DON'TS

- Avoid- smoking and alcohol
- Try not to put on excess weight
- Try not to lead a sedentary lifestyle
- Reduce the amount of sugar and refined carbohydrates in your diet
 - Don't overeat late at night
 - Don't overstrain
 - Avoid processed food, much of which contains high levels of salt and sugar
 - Avoid foods containing “hidden fat” such as cakes, pastries and pies

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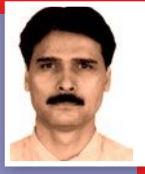
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Heart care

WAKE UP BEFORE CHEST PAIN WAKES YOU UP

Heart Article on early symptoms of disease. Heart disease is growing to epidemic proportion and time has come for all of us to know and work towards a healthy heart

So far people in India only heard about India gonna be the epicenter for heart disease in the world by 2016. But even before that happens we Indians already seeing the heart disease growing to epidemic proportion and started taking the toll even before we hit 2016. As the old saying says PREVENTION IS BETTER THAN CURE time has come for all of us to know and work towards a healthy heart. Because there are many possible conditions that follow under the umbrella of heart disease, the related symptoms are numerous. But here are some key symptoms to be aware of

◆ **Chest Pain or Chest Discomfort**

Few symptoms are more alarming than chest pain. In the minds of many people, chest pain equals heart pain. And while many other conditions can cause chest pain, cardiac disease is so common - and so dangerous - that the symptom of chest pain should never be dismissed out of hand as being insignificant

Chest pain” is an imprecise term. It is often used to describe any pain, pressure, squeezing, choking, numbness or any other discomfort in the chest, neck, or upper abdomen, and is often associated with pain in the jaw, head, or arms. It can last from less than a second to days or weeks, can occur frequently or rarely, and can occur sporadically or predictably. This description of chest pain is obviously very vague, and as you might expect, many medical conditions aside from heart disease can produce symptoms like this.

◆ **Shortness of Breath**

Shortness of breath is most often a symptom of cardiac or pulmonary (lung) disorders. Heart failure and coronary artery disease (blockages in the heart pipes) frequently produce shortness of breath. Patients with heart failure (loss in the pumping function) commonly experience shortness of breath with exertion, or when lying flat on their backs. They also can suddenly wake up at night gasping for breath, a condition known as paroxysmal nocturnal dyspnea. Other cardiac conditions such as valvular heart disease or pericardial disease can produce this symptom, as can cardiac arrhythmias (electrical disturbance of the heart). Shortness of breath is almost always a sign of a significant medical problem, and should always be evaluated by a doctor.

◆ **Fatigue, Lethargy or Daytime Sleepiness**

Fatigue, lethargy or somnolence (daytime sleepiness) is very common symptoms. Fatigue or lethargy can be thought of as an inability to continue

functioning at one’s normal levels.

Somnolence implies, in addition, that one either craves sleep - or worse, finds oneself suddenly asleep, a condition known as narcolepsy - during the daytime.

While fatigue and lethargy can be symptoms of heart disease (particularly, of heart failure), these common and non-specific symptoms can also be due to disorders of virtually any other organ system in the body. Similar to lightheadedness and dizziness, individuals with fatigue and lethargy need a good general medical evaluation in order to begin pinning down a specific cause.

◆ **Syncope (Fainting/Loss of Consciousness)**

Syncope is a sudden and temporary loss of consciousness, or fainting. It is a common symptom - most people pass out at least once in their lives - and often ‘does not indicate a serious medical problem. However, sometimes syncope indicates a dangerous or even life-threatening condition, so when syncope occurs it is important to figure out the cause. The causes of syncope can be grouped into four major categories: neurologic, metabolic, vasomotor and cardiac. Of these, only cardiac syncope commonly leads to sudden death.

◆ **Heart Palpitations**

Palpitations, an unusual awareness of the heartbeat, are an extremely common symptom. Most people who complain of palpitations describe them either as “skips” in the heartbeat (that is, a pause, often followed by a particularly strong beat,) or as periods of rapid and/or irregular heartbeats. Most people with palpitations have some type of cardiac arrhythmia ~ abnormal heart rhythms.

There are many types of arrhythmias, and almost all can cause palpitations, but the most common causes of palpitations are Premature Atrial complexes (PACs), premature ventricular complexes (PVCs), episodes of Atrial fibrillation, and episodes of supraventricular tachycardia (SVT). Unfortunately, on occasion, palpitations can signal a more dangerous heart arrhythmia, such as ventricular tachycardia.





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The Present Scenario of Road Rage: Peeping into Traffic Psychology

The incidents of road rage are becoming very common in India. It will not be wrong to say that the incidents are increasing day by day. Almost daily in the news paper we can read any incident. The range of these incidents may be from staring, offensive gesture, minor altercation to physically thrashing or killing somebody. One may hurl the abuses on other, manhandling and getting injured. Some times on our mistake when traffic police remind us to follow the rules, we start arguing with them. We do not understand that the rules are for our safety and not to create trouble to us. The question comes to our mind again and again what may be the reason of rise. One of the reason is the lowering the frustration tolerance. We are not able to bear up the frustration and got angry easily. Over the minor mistake we burst into anger. Another reason is that we take it at our ego. We think if we accept our mistake then we are inferior. We associate moving back or moving to one side with our self esteem. In addition to that we want to overtake another even though the situation does not allow if he/she does not give side we got enraged. Sometimes unnecessary honking may enrage another. Despite knowing, there is no passage to move ahead but the person at the back is honking continuously may cause the occurrence of angry behavior. In some of the cases wrong side overtaking may cause the damage to another vehicle and may cause the anger outburst. Driving under the influence of drug decreases our ability to understand signals. Alcohol also increases the probability of misbehaving. In addition to that, it has become the fashion to talk on mobile while driving. Since we pay more attention to conversation, therefore, our attention towards driving decreases. In many of the situation we are not able to hear the horn of the another vehicle while using ear phone. In some situations, small vehicle holder do not

budge the vehicle in front of the large vehicle where as the movability of small vehicle is easier as compare to the heavy vehicle. In addition to that parking, the vehicle in front of the door and blocking the way may be the cause of eruption of anger between two parties. If we carry the weapons while driving it may intensify the anger and worsen the situation. Knowing the consequences and the reasons are not enough we should also know the effective measure to be taken for decreasing the number of incidents.

What are the various steps which can be taken to avoid the incidence of road rage behavior.

- Try to leave for the destination before the time so that unnecessary overtaking can be avoided.
- Avoid unnecessary honking
- Avoid taking alcohol or other drug during driving.
- Taking adequate sleep before driving as it may decrease the irritability in the individual.
- Avoid talking on mobile so that you can hear the signals.
- Accept your mistake, it may reduce the anger in another. By accepting the mistakes no body get inferior.
- Drive slowly and to the side if you are driving wrong side in emergency.
- Do not try to overtake from the wrong side for avoiding untoward situation
- Avoid carrying the weapons as it may facilitate anger.
- If you have small vehicle it may get back or move easily.
- Get 'L' written on the vehicle if you are learning. if you are struck it may decrease the irritability among other people waiting around for the way to open.

BACH FLOWER ESSENCE THERAPY: NEW LOOK INTO TREATMENT

The flower essence therapies are the essence that is made from flowers, which uniquely addresses the remedies from flowers, which uniquely addresses the emotional and mental aspects of wellness. The flower essences were formulated by a British physician Dr Edward Bach, in 1930's. Flower Essences are natural energetic imprints of flowers which interact with the human body and the sensitivity and feelings and a spiritual essence of self, which helps to which helps to evoke specific positive feelings in our body.

Flowers essences are made from flower, water and brandy these preparations embody the distant imprints or energetic patterns of each flower species. In holistic healing, flower essence therapy is characterized under vibration medicine or alternative medicine. Alternative medicines are a therapy that uses energies or vibration frequencies to help restore or maintain wellbeing in an individual. Alternative medicine is a spiritual science, based on a balanced philosophy that encompasses both scientific and spiritual principals. The alternative or vibration medicine looks at the person as a whole before prescribing a remedy. It accepts that a person may have a particular disease but rather than treating that element directly, it asks where that condition comes from, what emotional or mental trauma or imbalance might have given rise to that condition in the first place. And then the therapist seeks an essence or an essence that redresses the imbalance in the patient.

Olsten's the encyclopedia of Alternative Health Care states that flower essence, homeopathic dilute liquid remedies made from wild flowers, can relieve symptoms of stress-related disorders. Flower essences were first developed into a healing system by the British homeopath Edward Bach, a physician and pathologist, who experimented with the "Healing secrets of wild flowers" to cure his patients from depression. Bach postulated that emotions such as guilt, fear or doubt create personality fixations such eventually lead to physical consequences - stress, pain and illness. He developed a remedy system using flower essences that was based on identifying personality types with chronic patterns of mental or emotional imbalances that created tendencies for certain chronic disease.

Flower essence deals with the very psychological and emotional wellbeing as the corner stone for reaching or maintaining physical health. According to the therapy a patient's psychological state is not only decisive for health, but his responsible for it. Therefore, getting rid

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of illness is a consequence of having getting rid of one's own negative feelings, no matter if these are fear, inferiority complex, sense of guilt etc. as long as the individual is not able to face these mood concerns to treat them, restoring emotional harmony, the illness will keep sending signals farming the body.

On the other hand, the existence of harmony among body, spirit and soul makes possible relief and recovery, particularly if the individual is able to prevent the symptoms of disease by not acting on negative feelings.

It is crucial not to mistake flower essence therapy with psychotherapy and aroma therapy. Since the Bach method uses the interview method as in psychotherapy, but it considers the flowers as its very tool. This tool kit includes 38 flowers in addition to a combination of 5 flowers forming an emergency remedy that is the rescue remedy. Each of them presents a specific and precise range, creating a balance to restore an altered emotional state, by developing positive emotions.

The flower essences concentrates on the vibrational energy of flowers, rather than a physical property of an actual oil extracts, in recognition of the strong connection between the spiritual, emotional health and the physical health. The flowers used in the essence therapy are often different from those used in the aroma therapy; in addition flower essence does not have a fragrance or flavor, unlike the essence oil. Flower essence are diluted in water and alcohol, whereas, the essential oil are not diluted.

Homeopaths and other natural health practitioners use flower essences as remedies to heal the body indirectly, the essence addresses not specific physical illness but moods, attitudes and emotions such as fear, anxiety and restlessness. As in homeopathy, flower essence therapy is a form of subtle energy medicine. The remedies work on a vibrational rather than biochemical level, the flower serving as gentle catalysts promoting health from within.

Scientific evidence for the effectiveness of Bach Flower essence aromatherapy is still lacking, the FDA considered Bach remedies and other flower essence as over-the-counter homeopathic drugs, and they are widely available at the most health food stores. Some flower essences are also included in first-aid creams, as like other homeopathic remedies flower essences are largely non-toxic. Thus, flower essences therapies are healthy and safe to use and it could be used for all the age groups and has no side effects.



***‘Dynamic...workaholic...
humble...taskmaster...
rooted...innovative...
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leader... and much more!’***

◆ **Mrs. Kanchan Naikawadi -
Director, Indus Health Plus (P) Ltd.**



This spells out Ms. Kanchan Naikawadi, Director at Indus Health Plus, pioneers in affordable, comprehensive and qualitative preventive health check-ups and diagnostics. Established in the year 2000, Indus Health Plus was primarily started to propagate the inherent benefits of preventive diagnostics and create awareness on how preventive health check-ups can reduce mortality and risks related with modern day diseases.

The story of Ms Kanchan Naikawadi is that of an ambitious career woman, successful businesswoman and inspiring woman entrepreneur. Director of Indus Health Plus, a leading preventive healthcare brand in India, Ms Kanchan has been the driving force behind the growth and development of Indus Health Plus. She is blessed with multiple abilities including marketing skills, industry knowledge, superb dynamism, hardworking capability and adventuresome spirit. Of the female entrepreneurs of India, she is a face of women power in the 21 century. She has bagged several prestigious awards for being the leading woman entrepreneur in the healthcare segment.

One of the main pillars and the building forces at Indus, Kanchan serves as an inspiration for all women, to dream big and achieve bigger goals in life. She has balanced her home and work incredibly to develop the company's operations and expansion plans. 'Adventure', being her second nature, is the driving force instrumental in energizing her outlook to each fresh day full of fresh new ideas to be explored.

Born on August 6, 1972 in Mumbai, she completed her schooling from The Blue Mountains, Ooty and graduated in Commerce from the Mumbai University. With an amazing passion for speed, racing and flying, she started her career in 1993 as a counselor with Trade Wings. Thereafter her journey began as she strived to reach the sky, with a deep rooting to the ground.

Her calling came from Pune, where was she trained under her uncle, Mr. Sadanand Bapat, an excellent entrepreneur who molded her personality into what she is today. The de facto Director of HR, Administration and Operations, her expertise and motivation has led to the increase of the Indus family to more than 5 lakh satisfied members and an ever-

growing family across cities. Kanchan believes in understanding the finer nuances of every single task. No work is small or big for her. Open to suggestions and feedback from employees across levels, her open-minded and flexible nature is definitely appreciated and respected by all her employees at Indus. A superb organizer and a vivacious worker, her expertise has brought Indus to what it is today, growing each day to achieve a pan-Indian footprint in the preventive health care segment.

A strong headed woman, Kanchan is blessed with the skills of multiplying money and handles this function on a daily basis. Thanks to her guidance, Indus is an extremely sound and financially well-managed company, with well-equipped and renowned delivery partners across the country. With a presence in 17 states and delivery partners in 78 cities across more than 122 centers, this 9001:2008 certified company; Indus Health Plus further expanding its network of delivery centers across the country.

Ms. Kanchan Naikawadi was conferred with Gold Stevie Awards for the category of 'Female Entrepreneur of the Year and Bronze Stevie Awards for the category of 'Female Entrepreneur of the Year in Asia, Australia and New Zealand' held on Nov. 2015. She bagged the **Women Leadership Award in Healthcare during the Stars of The Industry Awards** held on 14th Feb 2015 in Mumbai. She was conferred the title of Woman Entrepreneur of the Year by CMO - Asia - Women Leadership Awards 2014. She bagged Women Leadership and Innovation Awards 2014 for being the best innovator in the healthcare category. She received **Silver Stevie for Female Entrepreneur of the year in Asia and Female Entrepreneur for Consumer Product at Stevie Women in Business Awards 2013**. She was conferred as **Woman Personality of the Year** during CMO - Asia - Women Leadership Awards 2013 held in Singapore. She received the **Women in Leadership and Innovation Award** and "**Gaurav Stree Shakti Award**" in 2013.

A full time mother of two lovely girls, Kanchan has proved that multi-tasking is her forte. Traveling and the ever eagerness to learn is the driving force behind this woman. With an unending love to observe, grasp and implement, Kanchan's belief is that 'All work can be play and fun'.



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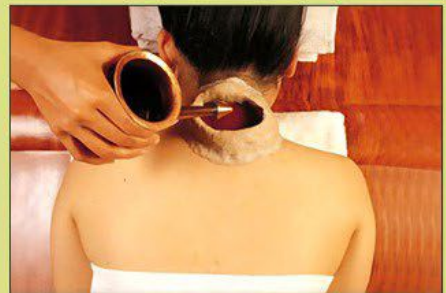
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Company Profile – Indus Health Plus (P) Ltd.



Indus Health Plus (P) Ltd. was incorporated in 2000 as a first of its kind in the preventive healthcare sector. An ISO 9001:2008 certified company; Indus Health Plus is determined to live up to its motto of making quality healthcare 'Available, Accessible and Affordable' each and every day.

- Delivery partners in 78 cities across 122 centers in 17 states
- An outreach to more than 80 lakh people
- More than 5 lakh satisfied families who have availed preventive health checkups across the country
- Tie-ups with state-of-the-art hospitals and diagnostic centers to ensure the best of healthcare facilities for our clients across the country
- Comprehensively designed checkup packages with exhaustive and high end deliverables

Headquartered in Pune, it is present in major metros like Mumbai, Delhi, Bangalore and tier II and tier III cities like Akola, Ahmedabad, Hyderguda, Secunderabad, Jayanagar, Bannerghatta Road, Aurangabad, Baroda, Belgaum, Bhilai, Dhule, Gurgaon, Ghaziabad, Hyderabad, Indore, Jalgaon, Karad, Latur, Margaon, Nagar, Nagpur, Nasik, Nanded, Panjim, Pune, Ratnagiri, Ratlam, Solapur and more, totaling to 65 cities and more than 100 centres. Indirect alliance partners have helped us reach to tier 2 and tier 3 towns, villages' etc. pan India to cater to the needs and convenience of our clientele.

Indus is consistent in spreading the word of timely checkup which not only saves an individual from premature death or disability but effectively saves their families from mental and physical trauma and financial distress.

- Strong and integrated back-end processes
- In-house Call Center
- Health checkups, report generation and doctors' consultation in a single day
- "Live Doctor Chat" service to enable the availability of doctor's consultation
- Packages costs nearly 1/3 or at even lower rates as compared to many hospitals

Indus drives the cause of prevention and is creating a successful framework for the government to effectively tackle the burden of non-communicable diseases, and in turn help in reducing the future burden on India's already weak health infrastructure.

Beyond preventive health checkups we also keep in mind the fact that millions of people go below the poverty because of catastrophic out-of-pocket expenditures on healthcare. Indus provides "Health Friend" cards to take care of the medical and hospitalization expenses. A 2005 report of the National Commission on Macroeconomics and Health states that "Prevention of diseases, particularly non-communicable diseases (lifestyle diseases) that are expensive to treat, is the most cost-effective strategy for a country facing scarce resources."

- Member, NAT Health
- Member, ASSOCHAM – NCD Screening Committee
- Member, ASSOCHAM – National Rural Development Committee
- Member, CII Health Services Committee
- Member, NASSCOM
- Member, IMC
- Member, Indo-German Chamber of Commerce

◆ Delivery Partners: - REFER AND CROSS CHECK FROM FILE ATTACHED IN MAIL

- **Pune:** Sahyadri group of hospitals (7 centers), NM Medical Centre
- **Mumbai:** NM Medical (5 Centers), BCJ-Insight Center (Santacruz), Surana Sethia Hospital (Chembur and Malad), Kohinoor Hospital (Kurla Vidyavihar), Terna sahyadri Hospital, Super Religare laboratories
- **Bangalore:** Vikram Hospital, Apollo Hospital
- **Goa:** Wockhardt Hospital, Goa Scan Center, Chodankar Hospital, Manipal Hospitals
- **Delhi and NCR:** Pushpanjali Crosslay Hospital, Columbia Asia, Apollo Indraprastha Hospital, Apollo Hospital, SRL Diagnostic, Asian Institute of Medical Science
- **Gujarat (Rajkot, Bhavnagar, Baroda):** Sterling group of Hospital
- **Indore, Ujjain and Ratlam:** CHL Group of Hospitals
- **Nagpur:** Nagpur Scan Center, Orange City Hospital and Research Center

◆ Other locations -

Solapur	BINIT Hospital & Ashwini Sahakari Rughalaya
Ahmedabad	Sterling Hospital, Apollo Hospitals
Ahmednagar	Anand Rishiji Hospital & Noble Hospital & Research Centre
Aurangabad	MGM Hospital & Tapadia Diagnostic Centre
Belgaum	KLES Hospital
Latur	Alpha Super specialty Hospital
Jalgaon	Ganpati Hospital
Nasik	Wockhardt Hospital, Sahyadri Hospital
Akola	Ozone Multispecialty Hospital
Dhule	Sri Siddheshwar Hospital
Nanded	Apeksha Hospital
Ratnagiri	Parkar Hospital
Surat	METAS Adventist, SRL Diagnostics

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IMMUNOTHERAPY WITH “DENDRITIC CELLS”

◆ **By Dr. Hari Goyal, Oncologist, Artemis Hospital, Gurgaon**

Cancer is a lethal disease that is swallowing India silently. Even those types of cancer which were once known to be rare are no longer rare. With this fatal disease on a rise, it is taking lives of many with each passing day.

As per the reports “In India, approximately 4.5 lakhs people are living with the disease, and there are more than 7 lakhs new cases being registered yearly and 5,56,400 deaths which are known to be cancer-related. Also it is estimated 71 percent of all cancer-related deaths are happening in the age group between 30 to 69 years.”

In women cancer cases as well as mortality is uphill. The main reason can be attributed to low awareness and late detection. As per the data “Our country stands third after China and USA for the highest number of cancer cases among women which are growing per annum at 4.5-5%.” Among men lung, oral and stomach cancers are the leading causes of death due to this noxious disease.

Today many causes are known that play a role in the development of cancer, and many more factors are at least suspected of contributing to the emergence of cancer. Therefore, it is rather questionable whether a single main cause for the development of cancer will ever be identified. However some obvious reasons due to which cancer is on a rise in India is due to Tobacco, excess exposure to ultraviolet radiation, consuming carcinogenic chemicals and food and too much exposure to rays and emissions of ionizing radiation.

◆ **CANCER IS A COMPLEX DISEASE**

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. From newborn babies to aged people, everyone is at risk of cancer. Every disease has some reason so does cancer! Many reasons have invited this deadly disease. There are many kinds of cancers attacking our body, regardless of our sex or age. Furthermore incidence of cancer is higher in the metros than in the rural areas due to the changing lifestyle and imitation of the western lifestyle. Therefore it is better to have a healthy diet, exercise well and be cancer-free.

◆ **“IMMUNOTHERAPY IS A NEW CLASS OF CANCER TREATMENT”**

Considering the impact and progression of cancer, Immunotherapy is a new class of cancer treatment. 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!

One of the most recent, innovating and exciting cancer treatments is Immunotherapy with “dendritic cells”. It is infusing a new ray of hope for the cancer patients. Countless research and treatment facilities worldwide are increasingly turning towards this dendritic cell therapy; in fact even modern nations like USA have well accepted and approved this treatment.

Prostate and pancreatic cancers have even got FDA approval for using Immunotherapy for its treatment in the country.

◆ **IMMUNOTHERAPY WITH “DENDRITIC CELLS” OFFERS SECOND CHANCES TO PATIENTS**

Although Immunotherapy has been there in the country in the form of vaccine and injections since the last 4-5 years but the results and success rate were not very promising and encouraging. On the other hand the effectiveness of a treatment with dendritic cells has been encouraging. It has been proven in the case of skin, kidney, breast, pancreatic, colon, ovarian and prostate cancer.

There are effective implementations of the therapy with LANEX-DC. This has been bought in the country by LDG INDIA. The results are astounding and encouraging. It utilizes better technology, technique and scientists. Cancer patients who have used this therapy as compared to those who undergone the previous and other versions of Immunotherapy, there has been an increase in quality of life, helped in prolonging the life span, controlling and abolition of symptoms by facilitating them live a routine life.

Also for most types of cancer 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.

Treatment with dendritic cells is also often used when conventional therapies have not been successful.

In addition, treatment with dendritic cells is a gentle treatment in contrast to other forms of treatment, such as chemotherapy or radiation. Also compared to other forms of treatment, side effects only occur very rarely after vaccination with dendritic cells.

◆ **EVERYTHING IS CHANGING AND SO HAS THE IMMUNOTHERAPY TECHNOLOGY AND TECHNIQUE**

As indicated above there are other similar medical facilities already available in India that have been in use for a few years and which gives vaccination in 6 cycles. But at LDG INDIA clinic the same treatment is done in only 1 cycle and the treatment is like injecting immunity medicine into the body.

The facility basically provides a special type of vaccination, required to treat any type of cancer (except blood cancer), at any stage. It is a unique vaccination which is made from patient’s blood and infused in the body which boost their immunity and help in curing the disease naturally. A patient can take the vaccination while taking chemotherapy, it will averse the side effects and help a patient live a routine life.

Doctors like me who have recommended this for the patients are now satisfied with the results and calling it encouraging. Some of them also believe immunotherapy has the potential to cure some cancers too!



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