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**RAGGING IS PROHIBITED IN THE CAMPUS**
Proper management of healthcare services in India is a much debated issue today. There is a significant puzzle of managing and delivering healthcare services to us as consumers. Although, we have a diverse and fragmented healthcare system of players such as hospitals, diagnostic centers, clinics, insurance providers who are rather loosely held together, there is no integrated nationwide healthcare system that helps in streamlining the delivery process.

This lack of an integrated healthcare system has led to setting up of wrong objectives, wrong forms of competition, wrong strategies and structures. We are stuck between a situation of excessive use of healthcare services on the one end and an inability to access or afford on the other.

The number of hospitals and doctors has increased significantly. However, a significant number of patients does not seem to get enough medical care. The demand for these services is going to accelerate further, growing in line with the population growth also major health care services are concentrating on cities focusing on urban rich people.

Bureaucratic hassles, malpractices and a host of other contributing factors are making health industry a cumbersome, inconvenient, and costly and a less informative.

Therefore, there is a drastic need for a consumer centric healthcare system, where we individual consumers are empowered to take informed decisions. More and more patients are getting empowered with credible medical information available on the internet, in turn are demanding to be better informed about their specific conditions and seek the best treatment options available.

A major premise of the consumer-driven healthcare is to place more responsibility on the end user to ensure both healthcare decision-making and expenditure control. In theory, this makes a lot of sense. In practice, at least for some of those consumers who are well educated and fairly informed, this is already yielding better financial and healthcare outcomes. But unfortunately, most consumers are hardly equipped or for that matter, don’t even want to navigate the healthcare system on their own. Another critical aspect is when we have ill-prepared consumers representing themselves without adequate support; the result is bound to be greater disaster than what it is today.

The healthcare system is complex and if consumers are supposed to play a more active role, they will need a good deal of help and support. Who is best suited to extend this help and support? Ideally, the government would have been the best suited for this role, but unfortunately there is a serious lack of confidence about government health services. While, insurance organizations are business houses with an aim to fulfill the financial obligation of the insured, making it difficult for them to be unbiased when arriving at treatment mechanisms.

A people friendly health care system is need of the hour.
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Hand Injuries
Treatment and Tips for prevention of Hand injuries

Hand Injuries are common, costly and largely preventable. Our Hands are one of our primary points of contact with the world around us. They are important for essential life and work functions including basic tasks in the workplace and at home. Still many people are putting their hands at risk and are paying a steep price. Hand is important for motion, dexterity, grip and ability to complete the simplest of tasks. The biggest reason for the high price tag is lost productivity and not direct health care costs. “Hand and wrist injuries should be a priority area for research in trauma care, and further research could help to reduce cost of these injuries, both to the health care system and to society.”

The burden of Injury in terms of Economic loss and Disability days is enormous.

The most common causes of hand injuries are carelessness, lack of awareness, disregard for safety procedures, boredom, and distractions. Younger people (under 25) feel invincible, less careful or less experienced with the tools and machinery that cause injury. There is a need:

- To educate your young workers about laceration prevention.
- Workplace health and safety precaution programs must be introduce to new hires, particularly younger ones,
- In your workplace safety training, let younger workers know they’re statistically more likely to get cut.
- Enforce safety cutters and protective gloves for potentially dangerous tasks.

Hand injuries can be divided into six general categories:

1. lacerations (cuts)
2. fractures and dislocations
3. soft tissue injuries and amputations
4. infections
5. burns (thermal, electrical frost bites and chemical)
6. high pressure injuries (grease and paint guns).

They include nail injuries, finger injuries, finger infection, wrist injuries, and broken hand.

Hand Injury Facts:

- The hand consists of 27 bones (including the 8 bones of the wrist). The other associated structures like nerves, arteries, veins, muscles, tendons, ligaments, joint cartilage, and finger nails have the potential for a variety of injuries when trauma involves the hand.

The most common cause of the injuries was blunt trauma, followed by injury from a sharp object.

- The median number of lost workdays resulting from hand injuries: five and 15 days for wrist injuries.

Hand injuries occur in domestic, industrial, road traffic accidents and sports settings. It is extremely important to save the life of the patient without any delay.

- Seek Emergency medical help if:
  - The person is seriously injured and has associated other injuries.
  - Bleeding cannot be stopped after several minutes of spurts from the wound.
  - High pressure injuries, with bone protruding through skin, fractures, dislocations, and amputations.
  - Severe pain, obvious deformity, loss of motion or strength
  - Signs of infection, such as tenderness, local warmth, redness, swelling, pus, or fever
  - Exposure of underlying structures, such as

The hand is an amazing work of anatomic engineering and any injury to the underlying structures of the hand carries the potential for serious handicap. Even minor hand injuries require proper medical evaluation and treatment.

The goal with injuries to the hand is a rapid and accurate initial evaluation and treatment so the short- and long-term effects on the hand function can be minimized.

Hand injuries may be simple lacerations or amputations. Puncture wounds are more prone for infection and need close observation and aggressive therapy.
tendons, bones, joints, arteries, veins, or nerves. Any deep, gaping (open), or dirty cut requires prompt medical care.

Wounds due to an animal or human bite (including lacerations from striking a tooth during an assault), because a rapidly progressing infection may occur.

**Burns:** if the skin is disrupted or if the burn goes completely around a finger, hand, or wrist (circumferential), seek immediate medical care.

The hand feels numb or cold.

**Hand Injury Symptoms:** The symptoms of hand injuries can vary depending on the type of injury, how the injury occurred (mechanism), depth, severity, and location.

- **Lacerations:** tenderness (pain), bleeding, numbness, decrease range of motion (difficulty moving), weakness and pallor (pale or bloodless).
- **Fractures and dislocations** will have tenderness, deformity, swelling, discoloration, decrease range of motion, numbness, Weakness and Bleeding.
- **Soft tissue injuries and amputations:** tenderness, deformity (with or without tissue and bone loss), Swelling and discoloration, bleeding, weakness and numbness.
- **Infections:** Tenderness, local warmth, redness, swelling, fever (rare in hand infections, deformity and decreased range of motion).
- **Burns:** Tenderness or complete numbness, deformity, discoloration, loss of tissue, change in texture of skin, redness, Blistering and black areas of tissue.
- **High pressure injuries:** Pain, swelling and occasional skin discoloration.
- **First Aid measures for Hand injuries:** Immediately following the injury the patient may be given a shot of tetanus toxoid if not had in the recent past. The wound can be cleaned and sterile bandage. Apply ice and elevate hand to reduce swelling and stop bleeding.

2. **For Sprains, Finger Dislocations or Fractures:**
   Cover the injury if bone is exposed (open fracture), with a clean towel, cloth, or gauze.
   Apply ice to reduce swelling. Ice may help decrease the pain, but never apply ice for more than 20 minutes at one time, and never apply ice directly to skin.
   Keep finger elevated above the heart.
   If a fracture or dislocation are suspected immobilize or splint the hand, if possible.
   seek medical care immediately.
   With a X-ray confirmation, may apply a splint or cast. If needed the health care provider may prescribe antibiotics. Surgery may be required for some hand injuries. Physical therapy or occupational therapy may be prescribed to assist the person in regaining full function.

3. **For amputations:** The amputated part has to be transported immediately to the Hand surgery center. The success rate of surgical procedure is more if it is done within six hours following injury.

   **Step 1:** Do not wash or soak the amputated part in water or any liquid. Remove gross contaminants and wrap it in a saline soaked gauze.

   **Step 2:** Place amputated part in a clean plastic bag to protect and keep clean.

   **Step 3:** Place the plastic bag containing the amputated part in a container of ice to keep it cool and preserve tissue. Amputated part should not be in contact with water or ice.

4. **For Infection:** if a hand injury shows signs of infection, including redness, swelling, warmth, or discharge, see your health care provider for further advice.

5. **Burn injuries:** Thermal burn- Use cool water NOT ice water for thermal (heat) burn and then cover the area of injury. For chemical burn: Irrigate with lots of water preferably running water for about 20 minutes and then cover the injured area.
Oh my skin

God’s Pharmacy

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Taittiriya Upanishad written 5000 years ago, mention our Atma, Jeeva, or Soul, is bound by five Koshas – 5 layers.

These 5 koshas were not there before birth, and will not be there after death. Atma existed before birth, and will continue to exist after death. The physical body that we are having today is for a short period, between birth and death. After death again Atma will go to new mortal body, the old body slowly decays and disappears. The 5 koshas according to Taittiriya Upanishad and Yoga shastra are –

1) Annamaya kosha, 2) Pranamaya kosha, 3) Manomaya kosha, 4) Vignanamaya kosha, and 5) Anandmaya kosha.

**Annamaya kosha:**

Annamaya kosha is also called Food sheath, physical body, and visible body. Everyone feels and experiences this physical body. It consists of covering structures of the body like skin and mucous membrane. Supporting structures of body like bones, muscles, and ligaments. Internal organs of the body like brain, heart, lungs, stomach and intestine, uterus, ovary, testis, genitals, blood, and lymph. All these organs function like a one unit. Any deficiency in this Annamaya kosha will manifest as bodily suffering and also affect other four koshas. Once the deficiency is corrected, Annamaya kosha gets repaired, the suffering will disappear.

This Annamaya kosha is covered by subtle koshas, very fine layers, cannot be seen by eyes, and cannot be felt by hands. Only Yogis and Pranic healers feel these fine koshas. Special imaging techniques like Aura imaging, Kirlian photography will be able to take photo of these four layers. Pranamaya kosha is also called Breath body, and is vital sheath. Next to Pranamaya kosha is Manomaya kosha, it is emotional body, and is also called Mental sheath. Next to Manomaya kosha is Vignanamaya kosha, it is intellectual body, and it is also called Intellect sheath. Next to Vignanamaya kosha is Anandmaya kosha, bliss body, (highest happiness), and it is also called Blissful sheath.

Our food:

Our food is either plant source or animal source. All living beings including plants and animals have got Annamaya kosha, and they need Anna (food) for survival and for growth. For plants and animals food comes from Pancha Mahabhutas 1→2) Earth – plants absorb all nutrients from the mud through their roots, grow and give us eatable fruits, grains, and vegetables. 2) Water 3) Air 4) Sun light and 5) Space is all essential for the growth and survival of plants. Animals also eat plant products directly, and also eat other animals and grow. Annamaya kosha develop in plants and animals, in the form of visible plant and visible animal. Humans eat both plants and animals, which have used Pancha Mahabhutas for their birth and for their growth. It means human eat Annamaya kosha of plants and animals for their growth and survival. Food and action eating maintain life, food is truth. “Anna hi sathya hai” (Food is truth).

This physical body Annamaya kosha need repeated supply of Anna (Food) every 4-6 hours. What type of

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**God’s Pharmacy**

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One who knows his food - is disease free
One who knows his talk - is quarrel free
food we eat; same type of Annamaya kosha is formed. If we eat good food, satvik food, our Annamaya kosha will be well formed and we are free from sufferings. If we eat wrong food, rotten and spoiled food, defects start appearing in Annamaya kosha, and we start suffering from diseases.

God nature has given us plenty of fruits, vegetables, grains, as our food. Some of our fruits or grains appear exactly like that of our own body organs. When we eat them, the organ to which this eatable resembles, will develop better and Annamaya kosha around that organ also develop well. If we carefully observe Walnut, it resembles exactly like that of our Brain. Walnut is covered by thick covering, resembling skull bones, inside thick covering; inner edible nut is having many folds, resembling that of brain proper (Gyrii and sulkies of brain). When we analyze the contents of the edible nut of walnut, it contains Neuroprotective compounds, including Linoleic acid, Linolenic acid, Oleic acid, Omega 3 fats, vitamin E, vitamin B complex, and melatonin. Hence Walnut in nature resembles Brain, ancient scholars, advised us to eat 2-4 Walnuts daily for normal and better functioning our brain and nerves. Today we doctors, once again rediscovering the facts and totally agreeing the facts, once our ancient scholars had written Upanishads and Puranas, Walnut is called “Nut of Jupiter”. Walnut helps in intellectual development of children, help to reduce stress, help to get good and undisturbed sleep. Friends I have tried to give few more fruits resembling our body organs, which definitely improve that organ.

Cut section of Walnut (Akrot) showing outer shell resembles skull bones, and inner edible nut resembles Right and Left brain. The folds on walnut resembles folds of brain called Gyrus and Sulcus.

Beans: Beans look like Kidney; it is very good for functioning of kidney. Beans are low in saturated fat, cholesterol, and low in sodium. It is good source of potassium, phosphorous, magnesium, iron, copper, manganese, vitamin B complex, and proteins.

Grapes: Grapes hang in a cluster and has a shape of cells of blood and cells of all body tissue. Grapes are rich source of Resveratrol, nutrient essential for the normal functioning of cell walls of each and every cell, including RBCs – Red Blood Cells.

Carrot: A sliced carrot looks like the human eye, the pupil, and iris. Carrots are very good for human eyes. Carrots are rich source of beta carotene (vitamin A), essential for eye sight, especially in evening time. Carrots also contain biotin, vitamin C, vitamin K, and lot of fibers, hence it mild laxative.

Avocados: Avocados are pear shaped exactly resemble mother’s womb – uterus and cervix. It takes 9 months for an Avocado to ripe and ready for eating. It is rich source of vitamin E and high fat contents, which are essential for the production of female hormones. One Avocado a week is sufficient for keeping uterus healthy, and free from sufferings during menstrual cycle. Hormone production will become normal.

Figs: Figs are full of seeds and they hang in twos, when they grow. The seeds resemble sperms. For centuries, Figs have been recommended as a way to reduce sexual dysfunction like sterility, and erectile dysfunction. Figs increase the number of sperms, and movement of sperms. Figs also increase the function of melanocytes. Melanocytes produce more melanin pigment, help vitiligo patients to get their melanin pigment, provided they eat Figs regularly. Figs are rich source of phytocumarins like psoralens, vitamins, and many nutrients yet to understand.

Sweet potato: Sweet potato resembles Pancreas. It balances glycemic index of diabetics. Sweet potatoes contain Anthocyanins – primarily Peonidins and Cyanidins – have important antioxidant and anti-inflammatory properties. Particularly when passing through our digestive tract, they lower the potential risk posed by heavy metals and oxygen radicals. Anthocyanins also control the blood sugar level.

Onions: Onions look like body cells, tightly packed layers. Onions contain many phytochemicals in addition to vitamin C, proteins, dietary fibers, and no fats. The important phytochemicals are sulfenic acids – Propanethial-s-oxide, which stimulates lachrymal glands of the eyes, tears.
Respect your elders
Say No to elder abuse

TEN TIPS TO PROMOTE RESPECT AND PREVENT ELDER ABUSE

Elder abuse is an important public health problem. World Elder Abuse Awareness Day (WEAAD) is an annual international United Nations observance Day celebrated on June 15.

To focus global attention on the problem of physical, emotional, and financial abuse of elders.
To understand the challenges and opportunities presented by an ageing population.

Elders have a right to a dignified life and careful planning of post retirement life. “Wear something purple” to start conversation about uncomfortable subject.

To bring together senior citizens, their caregivers, national and local government, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders.
To increase reporting of such abuse, and to develop elder friendly policies.

A 2017 study based on evidence from 52 studies in 28 countries from diverse regions, including 12 low and middle income countries estimated that 15.7% of people aged 60 years and older were subjected to some form of abuse and prevalence rates are likely to be underestimated. Only 1 in 24 cases of elder abuse is reported, as older people are often afraid to report cases of abuse to family, friends or to the authorities. “Many people don’t report because of fear of retaliation. They

The day aims of the awareness Day:

- To focus global attention on the problem of physical, emotional, and financial abuse of elders.
- To understand the challenges and opportunities presented by an ageing population.
- To bring together senior citizens, their caregivers, national and local government, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders.
- To increase reporting of such abuse, and to develop elder friendly policies.
- A 2017 study based on evidence from 52 studies in 28 countries from diverse regions, including 12 low and middle income countries estimated that 15.7% of people aged 60 years and older were subjected to some form of abuse and prevalence rates are likely to be underestimated. Only 1 in 24 cases of elder abuse is reported, as older people are often afraid to report cases of abuse to family, friends or to the authorities. “Many people don’t report because of fear of retaliation. They

1. Wash eyes. Onions lower the bad cholesterol, protect heart, help in strengthening of immunity and prevent cancer development. Chromium present in onion controls the blood sugar. Folate of onions controls the depression and brings relaxation of mind. Onions help in excreting waste products from the body.

2. Garlic: Garlic is cardio protective and neuro protective. It reduces blood cholesterol, thus reduces blood pressure and atherosclerosis. Sulfur containing compounds like Cysteine, Methionine, thiosulfinates like Allicin, hydrogen sulfide, ajoenes will help in preventing common brain diseases, and dementia. All organs in our body are benefitted by garlic.

3. Banana: Banana is partially digested ready to eat fruit. It is covered by thick outer peel, inside the ripe ready to eat pulp is present. It is free from fat, cholesterol, and sodium. It provides instant energy, 1 banana provides 30 gram of carbohydrate, 110 calories, 1 gram protein, potassium, and variety of vitamins and minerals. Potassium help heart muscles to contract and nerve cells to respond better. It keeps heart muscles beating regularly. It will reduce the effect of sodium on blood pressure. It is mild laxative.

Conclusion: Friends our wise ancient scholars have discovered many food items, advised us to eat according to season, according to our health status, according to the time of day; and keep ourselves in good health. Today our evidence based science is discovering the true facts of all these food items. Today I have made an attempt to write only 10 food items, you please find out health benefits of many food items of the God nature.

HEALTHVISION | JULY -2018

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don’t want to complain about their children or project
the family in a bad light and they think it is a natural
part of growing old”
◆ Key Facts regarding Elder abuse:

**World Elder Abuse Awareness Day**
**June 15, 2018**

**SEEDS FOR CHANGE**
#grow the conversation

Basic categories of elder abuse are domestic elder abuse, institutional elder abuse, and self-neglect or self-abuse.

- Around 1 in 6 older people experience some form of abuse
- Rates of abuse may be higher for older people living in institutions than in the community
- Elder abuse can lead to serious physical injuries and long term psychological consequences.
- Elder abuse is predicted to increase as many countries are experiencing rapidly increasing ageing populations.

In 2017, there are an estimated 962 million people aged 60 or over in the world, 13% of the global population and is growing at a rate of about 3% per year and is expected to more than double to about 2 billions by 2050.

**Background:** Abuse, neglect, violence, and exploitation of elderly is one of the biggest issues facing senior citizens around the world. World Health Organization data suggests that 4 to 6% of elderly suffer from some form of abuse, a large percentage of which goes unreported. Europe has the greatest percentage of population aged 60 or over (25%). It is estimated that by 2050 all regions of the world except Africa will have nearly a quarter or more of their populations at ages 60 and above. The Elder population is projected to be 1.4 billion in 2030 and 2.1 billion in 2050, and could rise to 3.1 billion in 2100. Globally, the number of persons aged 80 or over is projected to triple by 2050, from 137 million in 2017 to 425 million in 2050.

**What is World Elder Abuse Awareness Day (WEAAD)?** The International Network for the Prevention of Elder Abuse(INPEA) and World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. WEAAD supports UN’s International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders. The day is celebrated by conducting quizzes, tree plantings, community walks, essay competitions, sports, crafts, concerts, and information displays.

**Types of elder abuse:** “Abuse can be verbal, physical or emotional. It can be neglect, dis-respect and abandonment” (a) **Physical:** Hitting, punching, slapping, burning, pushing, kicking, restraining, false imprisonment/confine ment, or giving excessive or improper medication as well as withholding treatment and medication. (b) **Psychological/Emotional:** Humiliating a person such as yelling, name-calling, ridiculing, constantly criticizing, blaming accusations, non-verbal forms such as ignoring, silence, shunning or withdrawing affection. (c) **Elder financial abuse** (financial exploitation) involves misappropriation of financial resources by family members, caregivers, or strangers. (d) **Sexual:** e.g. forcing a person to take part in any sexual activity without his or her consent, including forcing them to participate in conversations of a sexual nature against their will; (e) **Neglect:** Depriving a person of proper medical treatment, food, heat, clothing, comfort or essential medication, and depriving a person of needed services. Neglect include leaving an at-risk (i.e. fall risk) elder person unattended. The deprivation may be intentional (active neglect) or happen out of lack of knowledge or resources (passive neglect). Other forms of abuse: Abandonment-deserting an elderly, dependent person with the intent to abandon or leave them unattended at a place for a period of time to endanger their health or welfare. Rights abuse: Denying civil and constitutional rights of elder persons. **Self-neglect:** Sustenance (food or water); cleanliness (bathing/personal hygiene/ surroundings); adequate climate protection shelter and safety; medical attention for illness and essential medications. **Institutional abuse:** physical or psychological harms, as well as rights violations in settings where care and assistance is provided to dependent older adults, such as nursing homes. Elders are increasingly seen as contributors to development, whose abilities to act for the betterment of themselves and their societies should be woven into policies and programmes at all levels. Political pressures in relation to public systems of health care, pensions and social protections for growing older population will benefit the elders. **Elder abuse within institutions** occur where standards for health care, welfare services and care facilities are low, where staff are poorly

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trained, remuneration is low and over-worked, poor physical environment and where policies operate in the interests of the institution rather than the residents.

◆ Socio-cultural factors that affect the risk of elder abuse include:
- Depiction of older people as frail, weak and dependent
- Erosion of the bonds between generations of a family
- Systems of inheritance and land rights, affecting the distribution of power and material goods within families
- Migration of young couples, leaving elderly parents alone in societies where older people were traditionally cared for by their offspring; and Lack of funds to pay for care.

Signs of elder Abuse: Broken bones or fractures, poor physical appearance, changes in mental status, frequent infections, bruising, welts or cuts, unexplained weight loss, refusal to speak, signs of dehydration and lack of cleanliness.

The health consequences: The health consequences of elder abuse are serious and can destroy elderly person’s quality of life. It leads to declining functional abilities, increased dependency, and sense of helplessness, stress, worsening of psychological behaviour, pre-mature mortality and morbidity, depression and dementia, malnutrition, bedsores and death. The risk of death for elder abuse victims are three times higher than for non-victims.

Prevention: Doctors, nurses, and medical personnel play a vital role in assisting elder abuse victims. Many strategies are being implemented to prevent elder abuse and minimize the consequences:
- Public and professional awareness campaigns
- Screening of potential victims and abusers
- School-based intergenerational programmes
- Caregiver support interventions including stress management and respite care
- Residential care policies to define and improve standards of care
- Training caregivers on dementia.
- Efforts to respond to and prevent further abuse include interventions such as:
  - Mandatory reporting of abuse to authorities
  - Set up self-help groups, safe houses and emergency shelters
- Psychological programmes for abusers
- Helplines to provide information and referrals
- Caregiver support interventions and contact Elder helper organizations.

WHO response: In May 2016 the World Health Assembly adopted a “Global Strategy and action plan on Ageing and Health” guidance for coordinated action with Sustainable Development Goal plans in line with the Global strategy. WHO and partners collaborate to prevent elder abuse through initiatives to identify, quantify and respond to the problem.

The Elder Abuse problem in India: Respect for the elderly is supposed to be ingrained in Indian culture, but it may not be reflected in daily life. The 2017 Survey by HelpAge India ‘How India Treats its Elderly’ highlights that 44% of the elders said that they are treated badly in public.

53% said they believed that Indian society discriminates against elders.

Delhi emerged as a comparatively caring society, with only 23% elders facing any abuse in public, the most bad behaviour of government hospital staff towards the old in Delhi at 26%, followed by Bengaluru at 22%.

On most parameters, Bengaluru, Hyderabad, Bhubaneswar and Chennai emerged as the worst five cities where elders are ill-treated in public spaces. In Bengaluru, 70% of elders said they had experienced abuse and mistreatment in public spaces especially during a walk in the park.

Indian constitutional Provisions: The Government of India supports the elders in the form of concessions regarding Health, housing and travel. Constitution of India, entry 24 in list III of schedule VII deals with the “Welfare of Labour, including conditions of work, provident funds, liability for old age pension, workmen's compensation, invalidity and maternity benefits. Item No. 9 of the State List and item 20, 23 and 24 of Concurrent List relates to old age pension, social security and social insurance, and economic and social planning. Article 41 of Directive Principles of State Policy has particular relevance to...
Dr B.C Roy was greatly influenced by the simplicity of Mahatma Gandhi and his vision. He entered active politics in 1925. He stood as an independent candidate and defeated grand old man of Bengal – Surendra Nath Banerjee. Later he participated in the Dandi March in 1931. He served as the alderman of Kolkata corporation from 1930 – 31 and mayor in 1933. Under him corporation made leaps in the expansion of free education, free medical aid, better roads, improved lighting and water supply. He was responsible for setting up a framework for dispensing granting aid to hospitals and charitable dispensaries. 1948 – Post independence, on January 23rd he took charge as chief minister of west Bengal and served till 1962. On 1st July 1962 after treating his morning patients and discharging affairs of the state he took a copy of bhoomopgeet and sang a piece from it. 11 hours later Dr Roy breathed his last on his 80th birthday and discharging affairs of the state he took a copy of bhoomopgeet and sang a piece from it. 11 hours later Dr Roy breathed his last on his 80th birthday. He was a great teacher and friend. When Gandhiji was up fasting.

All over India July 1st is celebrated as Doctor’s day. This is to honour the legendary physician and the second chief minister of Bengal Dr Bidhan Chandra Roy. He was born on July 1st, 1882 and died on the same date in 1962, aged 80 years.

Dr Roy was the country’s highest civilian’s award, The Bharat Ratna on February 4th, 1961. This observance fulfils the need to show the doctors and physicians in our lives how important they are to us and how invaluable their treatments are that cures us. The celebrations are indicative of respect that they command in the lives of their patients and thus obligate them to fulfil their responsibilities as well. The large population of India depends on the efficiency and responsibility of physicians to large extent at all times. Medical professionals in India over the years have shown remarkable improvements and made definite progress in medical treatment that need to be acknowledged. It may be seen as an encouragement and an eye opener to all such doctors who have been struck by a failing career owing to a lack of commitment. There have been instances of public violence and protest against doctors who failed to perform. Whatever said and done it is the responsibility if every citizen and public to be patient with doctors and should not take law into their hands. No doctor pays for them’ and practised the same till his last breath. It is the duty of every citizen and doctor to remember his service and try to follow his footsteps for the betterment of the humanity. Let us all pray for his soul and practised what he preached.

Who is Dr B.C Roy?

Dr Bidhan Chandra Roy, MRCP, FRCS was born on July 1st 1882 in bakipor Patna, Bihar. He did his schooling in Patna and Kolkata. He was an alumnus of medical college Kolkata of the University of Kolkata. He is one of the few people who completed both FRCS and MRCP simultaneously within only 2 years and 3 months while at medical school Bidhan came upon an inscription which read ‘whatever thy hands findeth to do, do it with thy might’. Bidhan was deeply impressed by these words and they became a source of inspiration for him throughout his life. Bidhan’s term in school was fraught with hardships. His father retired as deputy collector after the first year and could no longer send any money to Bidhan. He then funded himself by getting a scholarship and living frugally saving on books by borrowing notes and relying on the books in the library. After graduation in 1909 he went England and in 1911 he finished his MRCP and FRCS and returned to India. Dr B.C

Roy believed that Swaraj would remain a dream unless the people were healthy and strong in mind and body. He made contributions to the organisation of medical education. He was a great teacher and a role model for his students. He established the Jadavpur TB Hospital, Victoria Institution, Chittaranjan Seva Sadhan, Kamala Nehru Hospital and Chittaranjan Cancer Hospital. Dr Roy was both Gandhiji’s doctor and friend. When Gandhiji was undergoing a fast in parnakalvin, pune in 1933 during quit India movement Dr Roy attended, treated and convinced him to give up fasting.

Dr B.C Roy not only excelled as a physician he was an educationist, social reformer, freedom fighter and above all a great human being. He practised medicine as his passion in spite of his busy political and social life. He never did practise for the sake of making money. He always charged minimal for his patients and even free for the needy. He always quoted “Poor are my patients, god pays for them” and practised the same till his last breathe. It is the duty of every citizen and doctor to remember his service and try to follow his footsteps for the betterment of the humanity. Let us all pray for his soul and practised what he preached.
Diabetic retinopathy is fast emerging as one of the leading causes of blindness in the world. Preventive measures should be taken for eye health.

Diabetic retinopathy is fast emerging as one of the leading causes of blindness in the world. November 14 is observed as World Diabetes Day to create awareness about the disease and its prevention.

According to the World Health Organisation (WHO) estimates, diabetic retinopathy accounts for about five per cent of the global pattern of blindness and the WHO has projected a significant increase in the incidence of diabetes in all the geographic regions owing to lack of knowledge among the affected population on how to prevent the disease from worsening and leading to blindness.

Diabetic eye disease refers to a group of eye problem that people with diabetes may face as a complication of the condition and this causes severe vision impairment or blindness. Diabetic retinopathy is caused due to the changes in the blood vessels in the retina due to diabetic conditions.

According to ophthalmologists the threat of the disease spreading fast in the highly population regions such as India and China. According to the estimates of the WHO, individuals suffering from
diabetes would double by 2030.

There is an urgent need for initiating targeted action and inter-disciplinary approach to tackle the problem. Controlling diabetic retinopathy was a complex issue requiring health education to prevent diabetes, early diagnosis of diabetes, comprehensive and cost-effective screening programmes to detect diabetics with treatable retinopathy through laser treatment.

Also there is a need for specialised ophthalmologists to manage diabetic retinopathy, make appropriate technology available, develop new treatment programmes and frame a public health education policy on preventing diabetes.

Other eye disorders associated with diabetes included glaucoma, which damages the optic nerve due to increase in the pressure on the eye and cataract. The laser surgery for the treatment of diabetic retinopathy was time tested and helps to shrink the abnormal blood vessels in the retina. At least four sessions were usually required to complete the treatment. This was an out-patient procedure.

◆ **Preventive measures**

Several studies have shown that many complication of diabetes can be prevented or delayed through effective management. This includes measures such as healthy diet, exercise, physical activities, avoidance of overweight and obesity and not smoking.

Knowledge in good food care as well as regular health check up is a good example of low cost method of prevention.

Diabetes therapy is not only about lowering glucose, but also overall reduction in risk factors for diabetic complication which include control of blood pressure and blood lipids. This requires life long care and management.

Health system that is able to deliver optimal care need to be designed around the needs of the patient with the condition as on a day to day basis.

Most diabetic care is undertaken by person by diabetes and not the health professional. Just 30 minutes of moderate exercise per day at least 5 days a week is enough to promote good health and reduce the chances of developing diabetes.

◆ **Healthy eating**

Healthy eating is the first step in taking care of your diabetes. You do not need special diet or foods. The food that is good for you is good for your whole family. Eat a wide variety of foods every day.

Try new foods. Eat high fiber food such as fruits, vegetables whole grains and beans. Take charge of your life and have a healthy life by keeping diabetes at bay.

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Old Age Social Security states “the State shall, within the limits of its economic capacity and development, make effective provision for securing the right to work, to education and to public assistance in case of unemployment, old age, sickness disablement and in other cases of undeserved want”. The Maintenance and Welfare of Parents and Senior Citizens Act.2007 proposes that abandoning or abusing will result in a minimum sentence of three months which could go up to six months. Effective steps to prevent abuse of elders include

- **Screening** of prospective guardians and assignation of gaurdianship
- **Education** of guardians regarding their responsibilities
- **Monitoring** guardian’s caretaking and spending activities
- **Enforcement**: punishment by removing from gaurdianship, pay fine or face jail term

**Conclusion:** Community involvement in responding to elder abuse can contribute to elderly persons’ safety and preventing the occurrence or recurrence of elder abuse, help improve the anxiety and depression of their caregivers too. Educating and training those in the criminal justice system, such as police, prosecutors, the judiciary, and increased legislation to protect elders, will also help to minimize elder abuse and will also provide improved assistance to victims of elder abuse.

Communities can develop programs that are structured around meeting the needs of elderly persons. Several communities throughout the United States have created **Financial Abuse Specialist Teams**, which are multi-disciplinary groups that consist of public and private professionals who volunteer their time to advise Adult Protective Services (APS), law enforcement, and private attorneys on matters of vulnerable adult financial abuse. Similar support groups will help prevent elder abuse and improve the social, psychological and financial well-being of the increasing elderly population at a Global level.
What really is Mindfulness and why is it important to students today and how does it help them in whatever they are doing? These are some of the potent questions people are increasingly asking nowadays. I will try and address these questions from scientific, ancient wisdom and practical perspectives.

When we were students we all had a nice dream in our heart of making a colossal impact on the society with our inborn talent. We never questioned where these dreams appeared from, but we simply knew we will make it happen one fine day. This is like standing on one side of the river bank knowing very well that the other side of the river is the place where my dreams will come to a reality. Also, we knew we will reach there eventually. The only aspect missing was to know what is required to cross over to the other side of this river to eventually actualise our dreams.

Well, at most we knew that we need a boat to cross the river but how to control the boat and row it to the exact place, this would be the missing element in all of our lives. And this is what separates ordinary from the super successful ones. Not only the super successful ones know the exact place they want to reach but they also know the means to reach- the rudder or oar of their journey to their dream land. Yes, it’s this ‘rudder’ that I am talking about- it’s called – Mindfulness and the boat is the positive thought that we can strive for. So, by using the rudder of mindfulness on the ship of positive life, one can actualise the childhood dream.

Positive thought very vital for attaining success in life. Good thoughts lead to better responses which helps in inculcating appropriate behaviour and finally results in success. So, you can see how significant our positive thought tone is to attain our dreams be in it any area of our life. Now, the biggest question is how do we have a sustained positive thought in our life where we consistently keep encountering negativities. Well, the answer is again - Mindfulness

Mindfulness is basically a method to make your mind more effective, to achieve the things that you want to achieve in life in a positive direction. It is simply about learning to manage your attention. When you can master this with help of ancient techniques clearly spoken about more than 2500 years ago, you are gradually matching it with corresponding responses and related behaviours to finally achieve success. Even neuroscientists have attested to the relevance of Mindfulness to have a truly successful life.

The flow looks like this: Thought -> Response -> Behaviour -> Success

So, it’s clear that you need a rudder to row the boat and that you need to know the direction in which you need to direct your boat.

Mindfulness will not only help students in learning to manage their attention but also give them the necessary course correction to engage in time to time from two major standpoints- attention and social emotional awareness.

In the 2011-12 school year, Mindful Schools partnered with the University of California, Davis to conduct one of the largest randomized-controlled studies to date on mindfulness and children, involving 937 children and 47 teachers in 3 Oakland public elementary schools. *1

Studies suggest that for schools to engage in mindfulness they are likely to have beneficial results on the emotional wellbeing, mental health, ability to learn and even the physical health of their students.

With Mindfulness students can just jet-set to their goal with minimum resistance! Which means, mindfulness is the rudder that students can use to row their positive thoughts to their dream destination!

http://www.mindfulschools.org/about-mindfulness/research/
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Ayurveda is a branch of Vedas. We should be proud of SHUSHRUTA father of surgery and father of Indian medicine system.

From more than 5000 years, Indian medicine system has used Pulse as the indicator of Health of an individual. Always Doctors used to test pulse and judge the disease, total condition of patients. Pulse helped the doctors to pregnancy and diseases.

Family doctors of earlier (‘Alale Panditas’) never prescribed series of lab tests, X-ray, scanning. They never used to experiment various medicine and injections on patients on a trial and error basis, which is in practice these days.

I have read a play Vigada Vikramaraya written by Samsa, long back on the life of Ranadheera Kanteerava of Yadhu dynasty of Mysore palace. Similarly I have witnessed Kannada film Ranadheera Kanteerava, when I was about 10 years old. In the above drama and film Mysore palace court Pandita tested pulse of Maharaja and used to give treatment.

According to the needs of the modern world, a few tried to update the system of pulse. In Bangalore in the Health exhibition which was held last month I happened to visit a stall of NADIMANTRA, a new device on pulse treatment. Last week I visited their center in Bangalore and studied about this system.

There was a board on the table of the expert – CURE YOUR SELF WITHOUT DRUG, which attracted me immediately so, I spoke to few patients and students.

I met software engineer Veeresh who came with the interest to learn about acupressure, acupuncture, and colour therapy. His wife Bharathi is an Ayurvedic doctor at Siriguppa.

I spoke to retired auditor S.P Sudhindra, a diabetic patient who took Allopathy treatment for about 16 years and was fed up. In 2017 he wanted to have relief and learn something new. Now he started this treatment and also learning about this system.

The other women Lakshmi Sudheendra working in B.P.O, is suffering from viral arthritis in her joints. She has been swallowing several pain killers, tablets and injections. After tired of undergoing intolerable pain. She is taking this treatment and stopped all tablets from last 2 months. She is happy and comfortable as her pain has been reduce by 50%.

I also met Dr. Narayan and asked about this system. His explanation is as follows: – 5000 years ago people used to call Acupuncture as Soochi Bhedha. There are 700 power points in a body. This system identifies the non-operating points and through piercing pins, these points will be made active.

I wanted to give my readers a very confirmed details about this machine and its analysis. But Doctor could not give analysis of any other patient, due to the professional secret and confidential nature of his treatment.

So I am giving my own report for readers: In the report there was analysis of 5 elements of my body in different colours. Doctor explained –

- Agni (Fire) element was more in my body. This was represented by red colour. Heat and temperature is more. So I have mental stress, variations in the blood pressure, sleep disturbances, acidity and gastric problems. Basavaraj suggested me a single point solution to reduce this.
- Second element earth, represented by yellow colour. This linked my digestive system to food and showed some problems.
- Third element is water, represented by blue colour and indicated that it is more in my body and is causing restlessness and the density of bones is...
Similarly Sky and Air elements indicated short coming in my body.

- In the next section of the report, efficiency of my body is explained. Movement of muscles and mass of flesh is less. I am tired. Muscles are rigid. Hence I have to walk and do exercises. Receiving capacity and flexibility is less. I have a moderate report in the section. If nutrition intake is more or less, I have to suffer from fat and cholesterol. Hence I have restlessness and sleep disturbance. But process of Detoxification from toxic elements in my body and sending them out is very good.

The exclusive speciality of this machine is that this explains the Thought Process of the patients. Documentation of thought process is very special. This machine explains about fear and mental disturbances.

**Nadi Swara - the new venture:**

I met Dr. K Basavaraj and asked him several questions about his new venture Nadi Swara. I have documented his answers in the following words. “This Nadi Swara is useful for all doctors except allopathy doctors (as we know, body of an individual is made up of 5 elements such as Earth, Sky, Water, Fire and Air). Pain in the body or any disease in the body is the result of changes in the 5 elements in the body. If we search and find out the root cause of any health problem, treatment is possible. Traditional Indian medicine tries to find -What is the problem of a patient? What is the root and basic reason for the physical and mental problem of a patient? Then gives the right medicine”.

Further he says “Now I have linked a technology to this pulse machine, which gives a detailed analysis of the patient, when the tube of the pulse swara is put on the palm of your hand.”

Dr. K Basavaraj said that his Centre is focuses on various alternative therapies. Anyone who approaches him for solution to their health problems and pains, he gives solutions that have no side effects.

**About Dr. K. Basavaraj**

It is very astonishing that Dr. K. Basavaraj was a student of B.E. (Electronics). Later he took M.Tech. in computer science and also he has done Ph.D in computer science.

Dr. Basavaraj K, is a qualified Acupuncturist, a passionate healer and one of the very few dedicated researchers in the field of pulse analysis. He has been drawn and fascinated by the field of alternative medicine healing and has been practicing it for almost a decade now. He is a passionate healer and this passion has turned him to be a dedicated researcher in the field of pulse analysis.

Pulse Diagnosis device can be used for all alternative healing methodologies based on 5 element theory like Ayurveda, Acupressure, Acupuncture, Color therapy, Homeopathy etc and could be easily used by common man as well as doctors and healers.

Pulse diagnosis has been a complicated Technique to get it right. This research is about bridging the gap between ancient ways of pulse detection to ways of using modern technology. Using technology, this research is able to use scientific methods and algorithms to automate this process.

How about introducing a new machine through which all the details of a patient can be recorded through the pulse of that patient? After a thorough research he has brought forward a model for this. That is Nadi Swara.

A tube of this machine is linked to the palm of the patient and within 3 to 4 minutes, that tube linked to a soft phone and is in turn linked to a printer.

With the cooperation of a technician Manjunath, Dr.K.Basavaraj has produced a special software. This was exhibited by this doctors in a stall in a Health exhibition at Bangalore on 25-5-2018.

Till today this doctor has conducted 1000 seminars, more than 50 workshops and is giving training. He is also demonstrating about drug less therapy.

**Treatments**

- Acupressure
- Auriculer Therapy
- Sujok Therapy
- Reflexology
- Acupressure
- Sujok Correspondence
- Sujok Six Ki Byol meridian healing through magnets
- Sujok Six Ki chakra healing through colors
- Acupuncture through Sujok and Five-elements
- Auricular therapy
- Pulse diagnosis
- Merma therapy takes place in 108 points of our body. This treatment is available in coastal areas of Tamil Nadu and Kerala.
- In Seed therapy various seeds such as green gram, rajma, fenugreek, rice, salt and pepper are used. According to deficiencies in the bodies of patients seeds are used for therapy.
- Under colour therapy sketch pens of various colours are used for 10 elements. Out of these 5 are physical and 5 are metaphysical.

**For further details contact**

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Health by stopping hurry, curry & worry

Often doctor says- there are three enemies to a better health- hurry, curry and worry; which is very much self explanatory, however maintaining distance from these is a real task to complete. Whenever a person feels sick, thereafter only he thinks, for a time being, to control over these enemies and once he recuperated medically he starts with it again. It is very much conceivable that controlling over the pleasure through our sensory organ tongue is as difficult as commanding mind. Majorly people feel that the absence of illness is health. Therefore, this few days of compliance with above can be seen in the life of almost all people. Health is continuing state of feeling of wellness and the above formula absolutely required to be followed by preventing one from falling sick again. Now, as we have a recipe for good health then why we lack in either conquering enemies or keeping them away from us.

In Hurry people are unaware of the happening inside the body, especially the rhythm of breath which affects the nerves badly by straining it severely. Hurry generally disconnects you with regular breathing. A stomach full breathing is must for health. One can easily bring one’s attention towards the breath whenever faced with a situation which requires you to be hurry up. Therefore a continuous reminder to self for slow breathing can ward off the negativity created in the system by hurry. It may seem easy, however practicing it could be cumbersome. Just remind yourself of the benefit which you are going to get from it and definitely greed for remaining being healthy will help you. Maintain what you learn and get rid of it easily.

We do know and realize the damage caused by the spicy foods in our stomach. Gone are the days when people were able to digest heavy oily foods. Now a day with increasing pollution in the atmosphere all kinds of poison comes in the body by way of breath and food. We feel helpless in coping with it. All govt. in different countries are working towards cleaner environment strategies, but their individual ambition seems to make this ineffective. Whatever is the other cause too, but of this situation we don’t have direct control, however one must contribute towards it in an individual capacity. Giving rest to our spicy taste buds will be really helpful in controlling recurring diseases.

The major part of this trilogy is worry which kills your physiology like a worm, slowly but firmly. The first two are a matter of training where restrain works perfectly, however the third one must be understood. Worry always keeps you busy inside. You keep on munching any issue which may not be under your direct control therefore affecting your peace of mind. Worry always comes from a past or thought of the future. Either you keep on thinking of the past where some unwanted circumstances took place in which your control was minimal or imagination of the future which is yet to come. In both scenarios you are away from the moment where you are living in. So the solution lies in being in the present. The mind has tendency to keep you in the future or past, but never in present as in the present moment mind never exist and it never wants to fade away. You need to understand the difference between worry and constructive thinking. Wherever imagination or resentence is there worry will automatically be present, however, where the thought leading towards action lies, constructive thinking is available. People will argue in many ways with it, but you should not forget that things move according to nature, not by the whims and fancy of man. Thereafter, you left with nothing to worry if you live in present with thinking that life will take its own course. So drop blame, complaints, wishes and abide by the nature with living life as it unfolds in the moment.

There is beautiful incidence with Zen master Shosan and could be enlightening for you as everyone should know that mind plays tricks with not only a fool but intellectuals also. One day a follower of Mind studies came to Zen master Shosan to ask about the essentials of Buddhism. The Zen master said, Buddhism is not a matter of using your discursive intellect to govern your body. It is a matter of using the moment of the immediate present purely, not wasting it, without thinking about the past or future. This is why the ancients exhorted people first of all to be careful of time: this means guarding the mind strictly, sweeping away all things, whether good or bad, and detaching from the ego. Furthermore, Zen master continued, for the reformation of mind it is good to observe the principle of cause and effect. For example, even if others hate us, we should not resent them; we should criticize ourselves, thinking why people should hate us for no reason, assuming that there must be a causal factor in us, and even that there must be other as yet unknown casual factors in us. Maintaining that all things are effects of causes, we should not make judgments based on subjective ideas. On the whole, things do not happen in accord with subjective ideas; they happen in accord with the laws of Nature. If you maintain awareness of this, your mind will become very clear. An old man says he complained only once in all his life – when his feet were bare and he had no money to buy shoes. Then he saw a happy man who had no feet. And he never complained again.

In final words drop your worry and start living in present by observing your breath and go along the nature with natural foods as healthily consume as your body permit.
8th World Ayurveda Congress & Arogya expo 2018

Bengaluru: 8th WAC & AROGYA 2018 is scheduled to be held at Ahmedabad, Gujarat from December 14 – 17, 2018. It is supported by Ministry of AyUSH, Govt of India and organised by World Ayurveda Foundation, Bangalore.

The 8th World Ayurveda Congress has invited research papers from the best of brains across the world in 14 themes. Selected abstracts will be published in the PubMed indexed official journal of World Ayurveda Foundation, J-AIM. Last date for abstract submission extended to July 31st, 2018.

The World Ayurveda Congress (WAC) was held in 2002 at Kochi as an outreach programme, to create greater awareness and opportunities in the practice, science, and trade of Ayurveda. The subsequent Congresses organised at Pune, Jaipur, Bangalore, Bhopal, Delhi & Kolkata not only helped in promoting Ayurveda within the country but also had a huge impact in propagating Ayurveda globally.

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SYPHILIS

**Bacteria causing Syphilis Treponema pallidium.**

**Syphilis** is a sexually transmitted disease (STD) & is a bacterial infection usually transmitted by sexual contact. Syphilis is found worldwide, and is the third most common STD. The disease affects genitals, skin and mucous membranes, but it may also involve many other parts of the body, including brain and heart.

**Causes**: The bacterial organism that causes syphilis is *Treponema pallidum* (fig 1). This organism is extremely sensitive to light, air and changes in temperature. It can live only within the human body. It enters body through minor cuts or abrasions in skin or mucous membranes. The most common route of transmission is through contact with an infected person’s sore during sexual activity. Other routes are through transfusion of infected blood, through direct unprotected close contact with an active lesion (such as during kissing), and through an infected mother to her unborn child during pregnancy.

**Symptoms**: Syphilis, typically first appears as a sore on the area where there has been sexual contact with the infected person. If the infection goes untreated, it can progress to affect the entire body. Syphilis typically has three stages with varying symptoms—primary, secondary and tertiary.

**Primary**: These signs may occur from 10 days to three months after exposure:
- A small, painless sore on the part of the body where the infection was transmitted, usually genitals, rectum, tongue or lips. A single sore is typical, but there may be multiple sores (As seen in above pictures).
- Enlarged lymph nodes in the groin.

**Secondary**: The symptoms of secondary syphilis may begin three to six weeks after the sore appears, and may include:
- Rash marked by red or reddish-brown, small coin sized sores over any area of the body, including palms and soles (Fig.5)
- Fever
- Fatigue and a vague feeling of discomfort
- Pain in bones or joints.

**Fig.3 Primary Syphilis seen over sex organs.**

**Fig.4 Rashes over the hand of a person – Secondary syphilis.**

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**Tertiary:** If the Syphilis is not treated in the first two stages, it will lead to tertiary stage which is a serious stage involving spread and damage of internal organs which may lead to death.

**Neurologic problems.** These may include stroke, infection of the brain and spinal cord (meningitis), poor muscle coordination, numbness, paralysis, deafness or visual problems, personality changes, and loss of memory (dementia).

**Cardiovascular problems.** These may include bulging and infection of large blood vessels. These signs and symptoms may disappear and reappear for up to two years.

**Dos & Don’ts**

**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

**Prevention of heart disease in adults**
- 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

**Conclusion**
Lack of education and unsafe sex is triggering a rise in syphilis incidence all along, particularly in urban areas. Although fortunately there is a cure for syphilis, the ultimate goal is to prevent and control the spread of this infectious disease. The most important step in this process is by bringing awareness among common man by doctors & other social activists to put an end to this lethal disease.
Media Icon of Bengaluru in association with manufacturer of quality homoeopathic medicines - Dr. Pattar's Gold Pharma, had organized a Health Education programme in the series of programmes of Arogya Nandana project, on 25th June 2018, in BHARATH VIDYA NIKETHAN School at Kumara Park west extension. This programme was inaugurated by Mrs. Uma Ramesh, drama artist and Director of a Travel Agency, Mysuru. Retired textiles engineer and managing trustee of Kamadhenu Educational Seva Trust, Mr. Shankar Shetty presided over the function.

The main theme of the discussion was “how to improve concentration and memory power in children”. The medical experts participated were Dr. P.V. Pattar a HOMEOPATHY and NATUROPATHY Doctor, President of Sri. Dhanvanthari Arogya Dham and research centre limited at Gurlapur (Moodalagi) Belgum District and Dr. Promod V. Pattar M.D. Gold Pharma.

Mr. N.V. Ramesh, retired programme executive Akashavani and programme co-ordinator, Arogya Nandana Project, Mr. Shrikrishna Mailengi managing editor of Vydyaloka and Helath Vision magazines, Mr. Pratap a diet expert and Mrs. Usha Shekhar Principal of the school graced the occasion. Students’ teachers and few parents participated.

The edited version of the dialogue is presented for our readers.

Ramesh: - What is Homeopathy? How it is different from other Health systems?

Dr. P.V. Pattar: - Ayurveda prepares medicines utilizing leaf –fiber-roots. Homeopathy puts these raw materials in rectified spirit for 40 to 50 days. Later medicine is extracted.

Ramesh: - lay man says in Homeopathy, you give same small round sugar pills for everyone. How it is?

Dr. P.V. Pattar: - No. they are not same. When we prepare pills from sugar and milk powder, there is no medicine. When we add different medicines, pills absorbs. After analyzing the disease of patients, medicines are given.

Ramesh: - May I ask the gathering, a common question? What is meant by Health?

Usha Shekhar: - Health is Wealth and fortune. This is absolutely necessary for the total development of personality.

Ambika (Parent): - Health is needed to give energy to body.

Soundarya (Teacher): - Energy needed for all activities by the body, is Health.
(Housewife) - Basis of Health is the food. i.e., Milk, fruits, vegetables, and Greens.

Ravi Shekar: - As a retired officer and as a senior citizen, according to my experience, balanced food protects Health.

K. Mohan (Parent): - Health is property. It is very important. Health will not come on its own. For this we have to do physical exercises, running, yoga and get energy. For earning livelihood, Health is important.

Ramesh: - May I define Health as, physical, Mental and Spiritual wellbeing.

Dr. P.V. Pattar: - Both physical and Mental Health have mutual dependence.

Dr. Pramod: - Yoga balances Health.

Shrikrisna Mailengi: - From good food we have a Healthy body and Healthy mind. Children and students should eat good home food. They must play outside.

(Several Parents narrated problems about mental concentration and memory power of their children).

Mohan: - My son is studying in 3rd standard. If I ask him any question, instead of replying, he repeats my question.

Dr. P.V. Pattar: - Please don’t ask your ward repeatedly to study, especially when you are watching TV. If you are doing so and make your ward to sit in different room for studying, tell me how he/she can study?

Ratna (Teacher): - (pointing to a student) - This student can talk very well. But still he sits idle. He can write, but he does not mingle with other children. He repeats whatever we say and remembers various phone numbers.

Mamatha (Mother): - My son does not write home works. He is very naughty. If I ask him to read, he replies “Let us watch TV”.

Dr. P.V. Pattar: - (in response to teacher and mother) - Parents have to create good reading environment at home. Being elders and parents, if you see TV from morning till night, how can you ask your children to read and not to see TV? Will those children read? Can they get motivation and inspiration from you? There should be a daily time table for reading.

Shankar Shetty: - As a parents your dedication is very important for motivating your child to read. To increase their concentration allow them to read independently, but observe. Spend time with your ward and not with TV, it is important to control addiction to it.

Dr. Pramod: - Tell me, what do you see in TV?

Student: - Cartoon.

Dr. Pramod: - What do you get from that?

Kishore (Student): - Nothing.

Anitha (Mother): - He knows and handles mobile and TV very well.

Dr. Pramod: - This proves his intelligence, so it is our duty to help him to utilize this productively. Correct your wards mistake in a pleasing way with love and affection. Motivate for outdoor activities and provide a platform for physical activities like playing, running, cycling, swimming etc. Avoid giving mobile phone to your ward.

Pratap (diet expert): - To get energy for the body, do exercises. Parents please avoid TV for the sake of your children. And provide a healthy and nutritious food. We should know that it is part of parenting. Physical activities is as important as food, if not it accumulates to form obesity.

Dr. P.V. Pattar: - I will give you few tips for your good health. As soon as you get up in the morning, drink 100 ml. warm water. Never eat dairy, bakery and fast food. Eat fresh sprout. Daily recite Om in your normal voice. If you practice Pranayama that is control of breathing, your...
A perfect blend between the conscious mind & the subconscious mind is very vital to lead a happy & peaceful life. The starting point of everything is the mind. What you need to do is to clear off the debris from the subconscious mind which you do not like to experience & fill it up with all positive things.

When you can command over your thoughts, you can control your life as you want to. If you fail to control your own mind, definitely you cannot control anything in life. The most fruitful thing that you should learn is to choose your thoughts & your thoughts will determine your future.
now, you should begin to think positively optimistic and instruction. To retrain the subconscious mind is that it can change according to our requirement. This fantastic memory system of the subconscious mind is like a sponge which absorbs everything. It simply does not give to it. It does not argue or reject. It is like a士兵 in an army. The subconscious mind acts as a servant, having no power to command or does not go into verifying before accepting anything. It obeys the commands given to it. It does not argue or reject. It is like a sponge which absorbs everything. It simply does not compare and takes in whatever thoughts are given in by the conscious mind. Every order, thought, belief that you think is transmitted immediately to the fantastic memory system of the subconscious mind.

Since it is a slave and not the master, the benefit is that it can change according to our requirement and instruction. To retrain the subconscious mind now, you should begin to think positively optimistic thoughts. These negative thoughts have piled up in the subconscious mind over so many years, as a result of which you have lost all belief, trust & true potential.

As per Jack Ensign Addington, “every thought that one consciously thinks makes an impression on the subconscious mind that will be expressed as action according to the strength & the desire contained within the thought”. When you change the belief, you can easily change your experience. The most fruitful thing that you should learn is to choose your thoughts & your thoughts will determine your future.

You can use the subconscious mind both in the positive & negative way. During all these years you were using it in an extremely negative way. This particular pathetic state of the mind hampers the growth and development and a withdrawal from the people and situations tend to develop pushing you more deep into a shell. Each one of us under estimate ourselves, suppressing the vast potential and capability and fail to direct our mind in the right direction. You tend to think that life is against you but actually the truth is you are against the positive forces of life, rejecting yourselves altogether. Every negative thought you entertain is a step in the wrong direction. According to Earnest Holmes “Whatever we identify ourselves with, that we tend to become, whatever we think about gradually becomes a subconscious pattern, always tending to manifest itself in our experience”.

The subconscious mind acts as a servant, having no power to command or does not go into verifying before accepting anything. It obeys the commands given to it. It does not argue or reject. It is like a sponge which absorbs everything. It simply does not compare and takes in whatever thoughts are given in by the conscious mind. Every order, thought, belief that you think is transmitted immediately to the fantastic memory system of the subconscious mind.

Since it is a slave and not the master, the benefit is that it can change according to our requirement and instruction. To retrain the subconscious mind now, you should begin to think positively optimistic thoughts about yourself, i.e. changing the command that you had previously given to it. Until & unless thinking, it will act according to the orders previously given. Whenever you are mentally ready, to change your thinking for the positive, giving new conscious directions to subconscious mind, there must be an immediate change in the outer experience.

Whenever old negative responses stored previously meet with positive responses sent now, it will neutralize slowly the old negative patterns. Most and more positive responses over a certain period of time will completely erase out the negative beliefs. Now if you drill into the mind what you actually want in life, expect with full belief and sincerely want it to happen, then it will happen.

First set up a goal and plan of action. Do not worry and think that it is impossible, if you sincerely believe it is achievable and confidently visualize yourself in the same position, nothing can block your way to fulfill your cherished goal. Belief is most essential and the real power within oneself. If one goes ahead in this right direction, one will be surprised to realize the packed power within him untapped and unutilized. Subconscious mind responds to the order to the extent that is believed by the conscious mind.

There may be some block, the fear of failure and what others may think, preventing you to move freely in the right direction. It is high time that you erase out all negative thoughts and replace them with positive, optimistic thoughts of success. Once you change the inner picture, the outer is bound to change. You should not imitate or compete with others. You should try to live according to your own way. Do not consider mistakes as a fault. It is something that you should amend yourself a little to perform better next time. Those who learn from their mistakes are always and forever a successful person.

According to Thomas Wilson “He that will not command his thoughts will soon lose the command of his actions. The pattern of our thinking today will share our tomorrow. You are what you think. Through the power of creative imagination, there is no goal unachievable, no dream impossible”. That which you believe about yourself is sure to happen in our experience. Mentally finish it in mind and then take necessary steps to finish it outwardly.

If you imagine yourself to be a complete failure and a worthless person there is nothing left to achieve, yes the subconscious mind will work hard to prove the thought. So never dwell on things which one does not like or does not want in life. Always give commands for perfect health prosperity and bright career. Subconscious mind, the obeying mind, perfectly obeys our commands like a soldier in an army.

The suggestion given by Steve Chandler is “I will act now, I will act now, I will act now - repeat these words again each hour each day every day until the words become a habit as your breathing and the actions which follow become as instinctive as the blinking of your eyelids. With these words, you can condition your mind to perform every act necessary for your success. With these words you can condition your mind to meet every challenge.”
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Strengthen your Back

About 80% of adult population suffer from back pain at least once in their lifetime. Back Pain is also the leading cause of disability, missed work and doctor visits. The human back is composed of a complex structure of muscles, ligaments, tendons, disks and bones. Problems with any of these components can lead to back pain. In some cases of back pain, its cause is never found.

The most common is simply muscle tension. Anxiety can drastically increase muscle tension, which in turn increases pain. Since the back contains a variety of muscles that are known to tense during stress, this can lead to mild to severe back pain in both the upper and lower back.

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India is a developing country! The story of India being a developing country has been going round from ages. The question is – when can we call India a developed nation? Is it billion dollar question? Exceeding even the required GDP does not automatically qualify a country to be certified as developed. Although one country is highly industrialised, have balanced social economic development levels, educational attainment and income into a standardised number still there will be a lack in the development story. One aspect which contribute immensely to the growth of nation is quality of life which quantifies life expectancy and quality of medical care.

Apart from Information Technology, Healthcare sector proves to be one of India’s largest sectors both in terms of revenue and employment. With some recent developments by the Indian Government like the introduction of National Health Protection Scheme, establishing 1.5 lakh Health and Wellness Centers under the Ayushman Bharat program proves that our Government is seriously concerned on the impoverishment of society.

Digitisation in healthcare with Health Information Technology (HIT) in particular stands to gain a lot from such initiatives. Technologies like Artificial Intelligence, Machine Learning, Robotics, Big Data, IOT, Data Integration and Interoperability, Data Theft and Security, Patient Care, Tele-medicine’s and many more are not only a bone but can create miracle in healthcare industry.

Smart Tech Healthcare Summit in Delhi!!!

The first and the second annual Smart Tech Healthcare focused of redefining healthcare with IT was successful. The 3rd Annual Smart Tech Healthcare 2018 is on 20th & 21st September 2018 in Gurugram, Delhi. is projected to be even bigger with more than 350+ attendees which will gather key stake holders from public & private health institutions; policy makers, regulatory bodies, technology guru’s from across the globe. Building thought leadership across the ecosystem, this year’s conference focuses on an increasingly business & consumer oriented, technology-enabled and collaborative approach to improving digital health.

The format of the event is designed to bring together the key stakeholders such as CEO’s Medical Directors, CIO’s, CISO’s and VP’s from the Healthcare institutions across India to educate and help them procure the next generation healthcare solutions.

Benefits to our attendees:

Attendees will have the unique opportunity to learn and develop skills that can be immediately applied to the adoption and implementation of digital health as well as healthcare settings. Each component – from keynotes, panel discussions, interactive sessions, B2B meetings, masterclasses, round table discussions and the dynamic exhibit floor, the event focuses on new research and actionable knowledge such as best practices, lessons learned and conclusive case studies. Summit will showcase, discuss, educate and network with the right audience from the healthcare fraternity on the challenges, implementation and benefits of going digital.

Testimonials of past attendees:

As a Title Sponsor for Smart Tech Healthcare 2018, G7CR Technologies India Pvt. Ltd. feels that It was a reasonably descent platform where Healthcare experts across India came together to discuss technology updates for the industry ; Even G7CR also stated the need of, “Drive to Digital Transformation in Healthcare” with its unique technology offerings in area of Cloud Computing with Zero Fee for Consulting & Support Services – Jesintha Louis, Director Cloud Solutions (APAC Region), G7 CR Technologies

“Excellent speakers, great topics, nice arrangements, exceeded my expectations. Looking forward to next one” – JiJo G John, CEO, Calpine Group

“We would like to thank Smart Tech Healthcare 2018 for planning & organizing this event. This event was rightly targeted with the industry leader’s participation & providing insights on the tech evolution happening in the healthcare sector” – V Y Baiju, VP-Healthcare & Enterprise Solutions, Sapphire Health

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Busting Myths of Drinking Milk in PCOS

If you have got PCOS, you may be wondering if milk is good for you or not. It includes milk and its products. By now you may be confused as some says milk is good and some says it is not good if you have got PCOS. Dr. Vibhuti Rao in this article shares her knowledge and experience with milk related to Ayurveda and modern nutrition while treating PCOS cases.

Well, as a kid I loved milk. It was one of my favorite foods. I use to not mix anything in milk even sugar and loved drinking it slight warm. We lived in a small village where our milkmen use to bring fresh un-homogenized milk every day. I remember how my mother ruse to argue with the milkman if she could sense some water in that. I guess things were better during my mother’s time when she was a kid and she got fresh milk directly from the cow. She knew milking as she had almost 20 cows in her home. She knew the importance of fresh cow’s milk and so made sure we all fours children get fresh milk.

Things have changed quite a lot now; we do not get fresh milk. We know milk in package form, powder form, and organic milk is costly. And moreover, people say to stop taking dairy because of the ongoing harm to animals. Always, coming to PCOS, dairy is controversial because of the quality of dairy. I strongly believe that freshly taken milk and freshly prepared milk products are healthy and tasty. Both have changed our body’s digestive system and quality of dairy products.

◆ Ayurveda says about Milk-

Milk is highly praised in Ayurveda. Ayurveda talks about 8 different types of milk such as cows, camel’s, buffalo’s, goat’s etc. Each one has got its own properties and action on our body. Generally, milk is believed to nourish our body tissues at deeper levels- up to shukra dhatu (reproductive system) and thus improves ojas (immunity) and promotes satva guna (peaceful mid) in us. It is sweet in taste (no need to add sugar any other sweeter to this), cooling in nature so better to drink it warm in winters and so decreases Vata and Pitta dosha and improve good Kapha in the body. It is suggested that full cream un-processed milk can be heavy to digest so better to mix with equal quantity of water, boil it and then consume it- you can add turmeric, cinnamon to help your milk digestion. Go for goat’s milk which is considered much lighter and easier to digest.

◆ For weight loss pre-pregnancy - consume low GI food and less frequent dairy

Insulin resistance in PCOS is what questions the role of dairy in PCOS. Carbohydrates stimulates insulin release from pancreas. A study; fund that that an 8-week low starch/low dairy diet resulted in weight loss, increased insulin sensitivity, and reduced free and total testosterone in women with PCOS (1). In this study women were suggested to eat lean animal protein (meat and poultry), fish and shellfish, eggs, non-starchy vegetables, low-sugar fruits (berries, apples, oranges, plums, etc.), avocado, olives, nuts and seeds, and oils (olive and coconut). And this worked for them, they lost weight and improved male hormone.

◆ For normal weight-pregnancy - Don’t take low fat milk, take high fat milk

I may sound wired, but this true. A study found that consuming low fat milk causes problems in ovulation which could be leading to PCOS. It is better to consume high fat milk and you can help ovulation process. Actually milk and other dairy products have nothing to ruin your fertility levels. Whole milk has high female hormone and less male hormone compared with low fat milk. Female hormone decreases insulin sensitivity and improve PCOS symptoms. So have it (2).

◆ Final words-

Avoid high intake of dairy. Drink half glass of full fat milk every day. Make sure that it is coming fresh from the cows. If you are not sure, then better just to have once a week. But don’t exclude it fully; you will miss your vitamins and calcium. Have milk, stay fit. Let me know wat do you think about milk and its connection with PCOS.

◆ References:

I am not, just a bed number

“I would like to see ANOTHER well articulated, inspirational piece of work coming out soon. Your endeavor to help others should act opposite to the Law of Diminishing Marginal Utility” said readers who were the influential spirits behind me keeping up with the flow of communication on Isaac Syndrome, a diverse disorder as a result of muscular hyperactivity.

My previous Case Studies ‘My battle with Isaac Syndrome, and the struggle for a cure’ AND ‘Isaac Syndrome: Here’s what you can learn from my experiences’ were my attempts to pen down information on various aspects involved while coping up with daily life and inspire patients to be uncomfortable for a bailout as returning back to one’s Mother’s womb is an idea left far behind.

◆ Purpose of this Inscription

Recently saw this epic film, Forrest Gump again, but this time it took my imagination on a ride. A couple of years back I had taken up Table Tennis to recover successfully from my workload, it was a rejuvenating experience. It’s like a drug free high-vitality sport without the risk of collision injuries where finding out what your opponent is thinking does matter. My racket, now had gathered dust when I decided to rerun the episode, this time to try conquering health setbacks only apprehension being my mum’s best china.

◆ Your idea of fun will change

So that’s how I found myself one fine day getting a TT table installed at my place trying to overcome years of pain & stiffness in my muscles.

The initial assessment of my hand movement was made by a close friend who qualified in fine motor skills and had experience in ‘Sports Medicine’ (a term explained, as we proceed). I visited a qualified table tennis specialist with an idea of not leaving any stone untouched and getting the right quality advice before taking up the sport. The only constant thought running was to be at my best and keep attempting for a bailout. Finally the day arrived when I decide to rerun the episode, this time to try conquering health setbacks only apprehension being my mum’s best china.

◆ The Shadow Analogy

http://healthvision.in

Part-2
I started to draw out analogies between taking up a match in table tennis & Isaac Syndrome. The conclusion was:-

- A person who is grateful enough of his defeat in a match or his pain, is set to win & recover
- If it doesn’t challenge, moving up the ladder is like a dream with open eyes
- There are two ways to conclude a match or battle a disease, you’re either in or out
- Being deprived of winning a game or any suffering is just a temporary phenomenon, it might be for some time but if we quit, it becomes a habit & lasts forever
- A thin red line: For us to move faster in life, situations need to get out of control
- Heroes in sports field or one’s battling any ailment have much in common

Find something that gives joy, and the joy will burn out the pain
Be in control: One’s grip is an important aspect (in a game or a life situation)

**An interesting theory: What is Sports Medicine?**
It’s a specialization which amalgamates both medical fields & fitness. It studies medical related principles with sports science to prevent injury and promote healing.

**Conclusion:**
‘Competing for a trophy’ is old, let’s walk our talks and get counted.

Though it currently seems stretched but this article is a small initiative to ignite the national conversation around alternative drug free therapy.

**If you wait for another case study, it will be too late**

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**GNC Research Reveals India’s Health Perception Disconnect**

Study finds that majority of Indians think they live healthy lifestyles, but behaviour says otherwise

GNC, a leading nutrition and supplement brands recent survey finds disconnect between perception and reality of health and wellness among Indians. Most Indians view their health as acceptable or excellent (70%) and describe themselves as balanced eaters (69%) – yet their lifestyle habits reveal a contradictory picture with 44% of respondents admitting to rarely or never exercising and being negligent eaters.

“While the consequences of Indians’ lifestyle and current choices are widely known, as are the benefits of a balanced diet and exercise, our research finds a clear disconnect between how we view our healthy lifestyles versus our actual behavior,” says Shadab Khan, CEO, GNC India. “There is currently a form of ‘collective delusion’ when it comes to health and fitness; the vast majority of Indians believe themselves to be fit and healthy, while their daily behaviour suggests precisely the opposite.”

Specifically, while the majority (68%) of survey respondents agree obesity directlyl somewhat contributes to a person’s overall health, a proportionate number of respondents admit to eating fast food at least twice a week (47%) – with 15% consuming take-away food daily, and 41% eating fresh fruit only once a week or less. These negative eating habits spike during holidays and festivals, with 36% of respondents admitting to indulging in extra sweets and 26% disrupting their regular eating patterns.

India’s state of health has long been a source of concern, as 72 million Indians are currently diagnosed as diabetic – making the country the diabetes capital of the world according to the International Diabetes Federation. The health delusion illustrated within GNC’s findings shed light to the cause behind this epidemic.

“There is a need to educate consumers about the benefits and significance of adequate nutrition, regular sleep and recovery; and exercise,” said Khan. “According to our research, work colleagues (for 29% of respondents) and close family (27%) remain the most trusted and influential purveyors of health and lifestyle information. We at GNC believe the conversation needs to shift and become a collaborative effort to create awareness and drive India toward a healthier future,” he said.

**Additional findings include:**

- No priority to exercise: Approximately one in five respondents admit to never undertaking any exercise; if presented with a lift and a flight of stairs, 27% of Indians would always use the lift and 28% would be prepared to climb only one flight of stairs, before turning to the lift.
- A lack of sleep: Only 36% received at least seven hours of uninterrupted sleep twice per week or less, and 29% rarely or never feel refreshed or energized in the mornings – which aligns with Fitbit findings that India is the most sleep-deprived country with average sleep hours of around 6.55 hours.
- Vitamin D deprived: The GNC survey also revealed that more than half (58%) of respondents spend less than two hours per day in natural sunlight.

GNC India gathered results through face-to-face interviews with 1,440 individuals in the ten cities of Mumbai, Pune, Ahmedabad, Hyderabad, Chandigarh, Jaipur, Chennai, Delhi, Lucknow and Bangalore during February 2018.

**About GNC India**

GNC, headquartered in Pittsburgh, PA is a leading global specialty health, wellness and performance retailer. GNC is the world’s largest company of its kind devoted exclusively to helping its customers improve the quality of their lives. In India, Guardian Healthcare is the sole franchisee for GNC LiveWell™, with exclusive distribution and marketing rights. Guardian Healthcare Services Pvt. Ltd. has India’s fastest growing chain of Health, Wellness and Beauty stores with over 50 Guardian Pharmacy stores in India.

GNC offers a premium assortment of health, wellness and performance products, including protein, performance supplements, weight management supplements, vitamins, herbs and greens and wellness supplements.
Does your mattress really affect your quality of sleep? According to a study by Research Triangle International and Drs. Andy Krystal and Jack Edinger from Duke University, and a research of over 16,000 sleep nights and 128 subjects, the answer is an affirmative yes. Even small differences in mattress support (soft, medium, firm) correlated with changes in sleep and pain. This is a clear indication that mattresses really do matter.

Now with the sheer variety of mattresses available in the market, the choice may be overwhelming. Latex mattresses—though relatively new entrants into the market, are known for their premium quality and have been taking the market by storm. In fact, global market research reports indicate that India is among the largest players in terms of latex mattress demand currently. There are several aspects which require thorough consideration before you make your choice of latex mattresses.

Alphonse Reddy Founder and CEO, Sunday Mattress provides you with a systematic approach to choosing your latex mattress:

What is a True Latex Mattress?
Let’s clear the first level of confusion – a real latex mattress is made up of just latex foam and has no springs and no other foams. The support comes from the latex core that is built into the mattress during its construction. This core is a firm base and is set between the 6-8 inches thickness of the mattress. While some mattresses are made up of just the core, others are constructed with several thinner layers of latex that are placed above the core. These multiple layers can range from one to 6 or more inches in terms of thickness. Your latex mattress may have an additional one-inch cover that is cotton or wool-based.

Firmness of a Latex Mattress
Latex mattresses are often the choice for those with orthopaedic or back related issues—for better support. In fact, WebMD says that 2-10% of people who suffer from lower back ache end up with chronic back aches in the long run. Latex mattresses have a system of firmness for its core. This is called indentation load deflection (ILD). This is a reference to the specific number of pounds or kilos required to compress 25% foam. Lower the numbers softer the foams and vice versa.

Latex mattress cores generally are in the firm to super firm categories. The upper layers range from being very soft to firm resulting in different feels. When making the choice, it is to take into consideration the levels of softness of all layers and the resultant firmness.

Once you have determined this, choosing between a 6 inch or 8 inch mattress, with or without memory foam will be easier.

Mattress Covers for Smart Maintenance
And the final aspect to consider is the cover material it comes with. Its breathability, durability as well as its flexibility are things you have to take into consideration. Cotton and wool are natural fibres and therefore good at wicking or pulling moisture away from the body into the mattress. The advantage here is the breathability of your mattress.

The mattress cover should also be of the kind that can stretch along with the latex foam. This enhances the longevity of your latex mattresses to more than 10 to 15 years. Owners of all latex mattresses have enjoyed their mattress for an average of 12-20 years! The cover materials you need to look out for are cotton and wool. If you have the option of going in for certified cotton or wool, nothing like it.

Now with this basic information, here is a checklist to work with:
- Determine the quality of the latex. Look for certification.
- Look into the construction of the mattress. Ask your sales person to walk you through.
- Determine the thickness best suited to your needs. 6 and 8 inch options are standard.
- Figure out the firmness of the mattress by trying it and check for which works best for you.
- Determine the mattress cover material that will be provided.

Alphonse Reddy
PHILIPS launches India’s 1st Future Health Index

New Delhi, July, 2018 – Royal Philips (NYSE: PHG, AEX: PHIA), a global leader in healthcare technology has launched its first edition of India’s Future Health Index (FHI), a research-based platform that helps to determine the readiness of countries to address global health challenges and build sustainable, fit for purpose, national health systems. The focus of this data is on the crucial role of technologies, access to healthcare services and efficiency of the healthcare system.

Commenting on the launch, Rohit Sathe, President – Philips India Healthcare says, “The FHI study confirms that India has a shortage of skilled healthcare professionals along with a low number of hospital beds. It also provides us with excellent insights about the awareness that healthcare practitioners and the population, have about the role of technologies in aiding healthcare delivery. This readiness to adopt technology can be a key driver in delivering treatment to patients in tier II & III cities in India. This, in addition to government’s increased focus on providing healthcare access to all, will serve as an impetus to Philips in innovating solutions to deliver connected healthcare.”

◆ KEY FINDINGS OF FUTURE HEALTH INDEX 2018

1. Lack of access, due to low skilled physician density and a low number of hospital beds, most impede value
   • India’s below average access score is driven by a lack of skilled healthcare professionals per 10,000 populations - 29 vs. 109 average, the lowest score across all countries 16 countries surveyed
   • Another barrier to value is the low number of hospital beds (7 per 10,000 population vs. 38 per 10000 on average), suggesting that healthcare needs cannot necessarily be met

   While top hospitals and clinics in metro cities may boast of having cutting-edge technologies, semi-urban and rural areas are yet to fully leverage the potential of digital healthcare

2. Despite a lower-than-average data analytics score, Indian healthcare professionals are open to the use of futuristic technology (AI, virtual reality, etc.) in healthcare, even more so than the general population
   • Two-thirds (36%) of healthcare professionals believe AI health tracker wearables/apps on smartphones would have the greatest impact on improving healthcare today if it were available. Among the general population, one-in-five (18%) agree.

3. Healthcare professionals could become key promoters of connected care technologies, as they consider themselves highly knowledgeable about connected care devices and believe in a future where everyone owns them to manage their health, potentially boosting data collection and analytics in India
   • Seven-in-ten (73%) healthcare professionals are knowledgeable about connected care technologies, with one-in-seven (17%) saying they are extremely knowledgeable
   • About as many healthcare professionals (70%) see a future where everyone owns connected devices/computer software/mobile phone applications to help manage their health
   • 9 in 10 healthcare professionals (89%) who have had any patients sharing information from connected care technology agree their patients understand how to properly use the devices

Post the success of Public Private Partnership (PPP) model of delivering healthcare in India, Philips with this survey will now be looking at tackling these challenges. It reveals India’s overall satisfaction with the healthcare system and digital tools that can play in delivering more integrated and sustainable healthcare. The inferences and learnings from this will help Philips to look at plausible answers and solutions through its various approaches.

◆ About Royal Philips

Royal Philips (NYSE: PHG, AEX: PHIA) is a leading health technology company focused on improving people’s health and enabling better outcomes across the health continuum from healthy living and prevention, to diagnosis, treatment and home care. Philips leverages advanced technology, deep clinical, and consumer insights to deliver integrated solutions. Headquartered in the Netherlands, the company is a leader in diagnostic imaging, image-guided therapy, patient monitoring and health informatics, as well as in consumer health and home care. Philips’ health technology portfolio generated 2016 sales of EUR 17.4 billion and employs approximately 71,000 employees with sales and services in more than 100 countries. News about Philips can be found at www.philips.com/newscenter
Smoking is cool, or at least that is what most of the smokers believe and want us to believe. But no matter how you indulge in it, tobacco is harmful to your health. Tobacco contains over 7000 toxins and 70 known carcinogens (chemicals which increase the risk of cancer) and can damage nearly every organ of the body. Read along to understand the effects of smoking on your body:

- **Brain**
  One of the primary reasons given by smokers is that it helps them relax. On a short-term basis yes, smoking helps you relax but, it comes at a huge price. Smoking results in addiction, anxiety, it alters the brain chemistry and can also increase the risk of stroke.

- **Eyes**
  Smoking increases the risk of eye-related problems like stinging, excessive tearing, glaucoma and cataract. It can result in partial or total blindness if untreated.

- **Mouth and Throat**
  Cancer of mouth and throat is common among smokers. In addition, smoking can also result in gum disease, premature tooth loss, discolouration of teeth etc.

- **Lungs**
  Lung cancer which is one of the leading cause of death in the world is due to smoking. Chronic Obstructive Pulmonary Disease (COPD) which causes difficulty in breathing is another common cause of death among smokers. Chronic Bronchitis which is the inflammation of the bronchial tubes which also results in difficulty in breathing is caused primarily due to smoking. Smoking also increases the risk of other infections like pneumonia, tuberculosis etc.

- **Heart**
  Smoking the one of the leading cause for heart diseases. Regular smokers, as well as secondary smokers (ones exposed to smoke), are at high risk of heart disease. Tobacco also contributes to heart conditions by reducing the good cholesterol (HDL) and increasing the bad cholesterol (LDL and Triglycerides) in the body.

- **Abdomen**
  Smoking reduces appetite. It prevents adequate nutrition to the body which makes the body weak. It increases the insulin resistance of the body which increases the risk of type 2 diabetes. It also has a negative impact on the liver and intestine and can increase the risk of ulcers in the stomach and intestine.

- **Sex Organs**
  In men, smoking can result in abnormality of sperm, impotence, erectile dysfunction and prostate cancer. In women, smoking can result in infertility, miscarriage, early menopause, cervical and ovarian cancer.
  Smoking can impact the future generation. It can lead to physical deformities and sudden infant deaths.

- **Kidney**
  The kidney is the organ which clears the toxic wastes from our body. Smoking increases the chances of kidney failure, bladder cancer and other urinary tract related problems.

- **Bones**
  Bones provide structure to the body. Due to the toxins present in tobacco, smoking can result in osteoporosis (weakening of the bones), increasing the risk of hip fracture, spine related problems, bone marrow cancer and also rheumatoid arthritis.
  In addition to the above-mentioned problems, tobacco can also result in premature ageing, hair loss, weak immunity etc. So, the next time you are tempted to take a drag just pause for a minute and think of the consequences of your indulgence.
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In the busy humdrum of the NewGen high-stress society, where erratic schedules, commuting costs and other restrictions add to one’s inability to visit the doctor, DocsApp is a remedy. The one-of-a-kind mobile app connects doctors with patients through a chat or call on the go. Efficient and convenient, the consultation app brings you medical attention in maximum 30 minutes and medicines at your doorstep.

DocsApp -- A cost-effective solution for primary healthcare, second opinion in chronic diseases such as diabetes, cardiac ailments, arthritis and cancer, and access to quality medical consultation across geographical locations.

Launched in July 2015, DocsApp is the brainchild of IIT Madras alumni Satish Kannan and Enbasekar D. In 2013, when the duo began working on the concept, they realized that 72% health issues can be handled by remote doctor intervention, and diagnosed and treated online. They leveraged the opportunity to bring in the ‘WhatsApp of Healthcare’ by drawing up three primary TA clusters:

- Busy professionals with little time to visit the doctor
- Those hesitant in visiting specialists such as sexologists and psychiatrists/psychologists
- Those living in far-flung remote towns/cities and without access to specialists

Today, DocsApp provides specialists’ services for all age groups in several key disciplines such as dermatology, gynaecology, sexology, paediatrics, general medicine, psychiatry, weight management etc.

◆ The DocsApp Edge

- Transparent, tech-enabled, Round-the-clock and multi-language service
- About 3000 Doctors and above available for consultation online
- Services across India reaching out to over 200,000 patients
- Over 3,000 pathlabs within patients’ reach with

DocsApp is the only 24x7 online doctor consultation app available across India. Since its inception in 2015, the app has acquired a user base of over 3 million customers and caters to 60,000+ consultations per month. The app connects patients to specialist doctors across 18 specialities within 30 minutes on the app via chat or call. Through DocsApp one can even order medicines and lab tests from home. DocsApp has raised $8.4 million till now from Bessemer Venture Partners, Rebright Partners, Techmatrix Corporation and DeNA Networks. DocsApp is the only ISO-certified Indian medical app. It uses technology to assist doctors in providing world-class healthcare to the global population. DocsApp founders Satish and Enbasekar were featured in Forbes Asia 30 under 30 2017 list and Forbes India 30 under 30 2018 list. DocsApp has been ranked as the #1 doctor consultation app in the medical category on Google Playstore rankings consistently for more than 18 months. DocsApp received the ‘App of the year 2017’ in the medical category, by Amazon in association with Facebook and has been a part of the Make In India Summit and the telemedicine society.
Dr Gowri Kulkarni is a competent, team spirited and personable Specialist in Family Medicine and Adult Psychiatric disorders excelling in giving primary care and diagnosing psychiatric issues early on to provide holistic care; She believes that it is the art of medicine which really makes her the doctor that she is.

As a practicing clinician, Dr Gowri is well versed with “womb-to-tomb” care especially interested in chronic disease management and helping patients with long term illnesses to deal with the psychosocial impact of the physical illness.

As the Medical Operations head at DocsApp she is involved with doctor and nurse recruitment, quality assurance, training of support staff and online consultations. She also works closely with the tech team to create an effective triage system for implementation at grass root level to provide affordable, accessible and high quality health care.

She is a lifetime member of the Association of Family Physicians of India (AFPI) and WONCA.

Safety Bulletin

**Water the best first aid**

Careless or unsafe acts frequently lead to burns, sprains, small cuts, bruises etc. In most of the cases, you just need water to take immediate care of the injured before taking him/her to a doctor. You can safely use water which is the best first aid. Alongside are some guidelines:

- **Burns**
  Immerse the burnt part immediately in cold water until the pain subsides. Immerse the sprained joint in cold water for about 30 minutes.

- **Dog bite**
  Wash the bruise with mild soap and water and then consult a doctor. Remember, most immediate care methods do not require medicines or specialized equipment, in most of the cases, just soap and water.
  Have the patient drink one or two glasses of water or milk.

- **Chemical on the skin**
  The areas of contact should be flushed with plenty of water to wash off the chemical. Flushing should be done long enough to wash off all the chemical. For alkali burns, water should be used only if available in large quantity; otherwise it can cause heat releasing chemical reaction.

- **Foreign body in the eye**
  Tears may wash away the foreign body. Or pour saline solution gently over the open eye. Opening the eye gently under running water is also effective.

- **All cuts and bruises**
  Wash with mild soap and water. Apply direct pressure until bleeding stops.

- **Skin Irritants**
  Clean skin thoroughly with soap and water.

DocsApp

- **Assistance 360°**: Doctors on call, medicine support and sample collection at home

- **Conforms to WHO’s 3As - Availability, Affordability & Accessibility**

Patients across India can avail consultation from specialists via chat or call through DocsApp. Given the shortage of doctors and with around 97% specialists practicing in big/metro cities, DocsApp helps bridge gap between Indian people and specialist doctors. All DocsApp doctors are verified thoroughly with 3 step verification process and have 5+ years of experience. Bangalore-based, DocsApp began with a team of 6; it is 80+-strong today.

**How does DocsApp work:** Download App | Choose discipline for consultation | Upload the symptoms/diagnosis/your medical history | Pay a nominal fee | Get consulted

**Investments:** With funds worth $1.2 million (INR8+ crore) from Japanese VC Rebright partners, Anand Rajaraman, GSF Accelerator, IIT-M Incubation Center and other top angels like Vijay ShekharSharma(Paytm), Anupam Mittal (Shaadi.com), Rajesh Sawhney(GSF), Srikanth Sundararajan (Helion), the platform aims to grow its the user base to 1 million patients in 2018. The company further received additional funding of 7.2 million from Bessemer Venture Partners and Japanese investors in 2017. It eventually envisions making world-class, high-quality healthcare accessible to the masses in the country by building technological solutions that can assist doctors in providing impeccable consultation and disease diagnosis.

For detail: www.docsapp.in

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Particularly when you wash your hands, you can squeezethem vigorously and massage them at the same time: Press the four fingers of one hand together with the other hand and turn the fingers you are holding to both sides. Then make fists, open the hands again, and spread the fingers. Or vigorously rub both palms together.

Or cross your fingers with each other, turn the palms outward, and stretch your arms. This will refresh you, improve your breathing, and strengthen your heart.

If you sit at a desk for a longer period of time and your neck becomes tense or painful, use the thumb and index finger (with the thumb touching the inside of the hand) to grasp each one of the eight finger webs at the root of the fingers. Massage the point beneath it and pull the web to the front at least six times. When you do this, be sure to be in an upright and relaxed posture.

If you place the index finger, middle finger, and ring finger of one hand on the longitudinal grooves of the back of the other hand and gently massage back and forth, this will have a regulating effect on the blood pressure.

A pleasant game to improve your mood, refresh you in a holistic way, and stimulate every bodily function is hand tapping (it’s hard to stay serious when you do this, and children can’t seem to get enough of it). Clap or tap your hands at least eight times in rhythm. At first, clap in the usual way. Then let the hands hang down and clap the backs of the hands together; then the backs of the fingers, the fingertips, the outer side of the hand, the wrists, the knuckles, etc. The only limit is your imagination. Now you will notice that depending on what you are tapping or how you are clapping, a different tone is created. Use your hands to play your own drum concert. Drumming has been used since time immemorial to initiate healing processes. Today, people are using it for this same purpose again.

With a bit of imagination, you can put together your own program of hand exercises. You can’t do anything wrong here if you carry out every movement slowly and consciously.

The following illustrations will show you various traditions that work with hand energy. This isn’t meant to confuse you, but to show you how tremendously diverse this system is. If you take an exact look at it, you will even come across logical inconsistencies. These occur because the individual systems engage various levels, connected like threads that get lost in mysterious unfathomability—and probably interconnect there.
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The arecanut palm is the source of common chewing nut, popularly known as betel nut or Supari. In India it is extensively used by large sections of people and is very much linked with religious practices. India is the largest producer of arecanut and at the same time largest consumer also. Major states cultivating this crop are Karnataka (40%), Kerala (25%), Assam (20%), Tamil Nadu, Meghalaya and West Bengal.

Keyword: Areca mix, powder, arecanut flavour.

Current Scenario

Price fluctuation of arecanut in the district is a problem to the arecanut farmers. They are not able to forecast the price independently. The unavailability of transport facility to the arecanut growers make the farmers bound to sell their produce through middle men/agents. Moreover only few arecanut farmers do fermentation process. The price of fermented nuts is more as compared to ripe mature nuts because of its value addition i.e dipping in the pit with water for four to six months. The fermented nuts are highly demanded because of its taste.

But now the cost of arecanut reached to an low level because of foreign importing of arecanut. In India most of farmers are depending on arecanut by seeing this type of problem in farmers in our region, My mind blowed toward the alternative uses of arecanut. First I can try to prepare cold drinks and finally doing lot of effort i could able to get one badam powder kind of powder from areca. It is purely from areca, but the taste is simillar to Badam, That’s why i can prepare “ARECA MILK MIX”. By doing lot of test its confirmed that powder is not harmfull human health and it is fix to used as daily food product in both cold or hot.

Materials: Areca powder, sugar, smelling agents, preservatives.

Why we use “ARECA MILK MIX”?

Stroke Recovery

Betel nut extract and areca mix is a great idea for stroke recovery, in accordance with InteliHealth. Improvements have been mentioned in speech, bladder control as well as muscle strength in patients taking betel nut extract, even though InteliHealth explains that studies so far have already been small and flawed.

Prevents Anemia

Betel nuts have been in use for several years like a medication to deal with anemia in pregnant women. They’re good for making up for severe iron deficiency and low blood glucose levels. Frequent, however moderate, usage of betel nut might help combat an iron deficiency.

Can control diabetes

Arecoline is among the bio-chemicals present in betel nut. This particular bio-chemical has been analyzed to have a considerable control on diabetes. Tests on lab animals showed control of blood glucose levels for the considerable time period. Other research has linked chewing betel nut with an increase of chance of diabetes.
Prevent Cellular Degeneration
Areca mix include antioxidants which help to avoid cellular degeneration within the older ones.

Can control hypertension or blood pressure
Studies have shown that the tannins contained in betel nut are helpful in managing high blood pressure activity by inhibiting the reaction to both angiotensin I and II.

Euphoria
Gnawing betel nuts does make a feeling of well-being and euphoria. This may be one more reason behind its increased use. The elated feeling can make users happy. Users also have reported experiencing a warm feeling in the body after consuming this particular psychoactive substance.

Prevents Nausea
Drinking of areca mix helps prevent nausea. Betel nuts could be chewed just before traveling to avoid vomiting sensation.

Prevents Stomach Problems
Stomach problems just like indigestion, diarrhea and stomach aches is often curable. Consuming areca mix provides rest from dysentery and in addition helps prevent it when consumed regularly.

Relieves from Excess Heat
Drinking of areca mix helps to reduce excessive heat through the body of a human. Consuming betel nuts with betel leaves can be quite beneficial in the summers.

Anti-depressant properties
In accordance with Ayurveda, betel nut is considered to encourage the nervous system. Research into betel nut shows that it does have got anti-depressant qualities. Tests on lab rats recommended that betel nut extracts decreased stress brought on by swimming and tail-suspension.

Immunomodulatory properties
Taking areca mix is assigned to rise in the immunomodulatory response. The extracts of betel nut demonstrated modulation of arachidonic acid metabolism which influences the rise of platelet production.

Energy Booster
The reason behind its increasing popularity is its capability to boost energy. Thanks to its stimulating effects, users experience elevated levels of energy quickly upon drinking this type of drinks. Many state that it wakes them up and offers energy to continue with their day-to-day routine. The heightened alertness as well as increased ability to handle task comes from its active ingredient arecoline? an alkaloid along with a powerful stimulant of the central nervous system.

Conclusion
By using of arecanut and this powder very usefull and helpfull to our health and mainly fit for human health.

How to use?
For Hot milk: Take a vessel and fill the water what ever you required and add sugar and milk to it and after heating add one packet of Areca milk mix powder. By 1 pack we can prepare 4 cup of malts.

For cold areca milkshake: Take a vessel and pour water into it and add little amount of milk and directly add and mix the areca milk mix powder into it. And put in refrigerater for some min. For cold drink from 1 pack we can prepared upto 6 to 7 cup of milkshake.

Dos & Don’ts

Do's
- Regular exercise and yoga
- Use chairs that suit your body with proper back, thigh and arm support
- Regular checkup on high blood pressure

Don’ts
- Avoid too much of non-vegetarian food
- Smoking
- Intake of alcohol and drugs
- Improper diet
- Avoid getting tense often
- Don’t use to hard or too soft pillows
- Avoid being at the desk for many hours at a stretch
- Inadequate sleep
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Heart care

TOBACCO AND HEART DISEASE

Smoking is a single important avoidable cause of ill health and untimely premature death in the world. It is estimated that smoking tobacco kills nearly 10 million smokers every year (WHO 1991) and more than 8 lakhs in India and may be many more would die in future as smoking habit is spreading like wild fire even among the youngsters in India.

The tobacco which is used as snuff, chewed with pan and smoked as beedies, cigarettes, cigars & pipes, contains about 4000 chemicals and about 60 of these substances cause various types of cancers. But what many people do not know is the fact that out of them there are three main poisons in tobacco smoke.

- Tar is a solid irritant, coats the lungs, blocks the airways and causes emphysema and lung cancer.
- Carbon monoxide (CO) is absorbed through the lungs into the blood stream where it binds to O2 carrying hemoglobin by replacing O2 and causes carbon monoxide poisoning.
- Nicotine is a highly addictive toxic substance which diffuses into the blood stream very quickly and provides a very quick fix for the smoker so much so that many addicts get quick relief the moment they have few puffs. One cigarette contains about 1 mg of Nicotine which when taken intravenously can kill the person. But while smoking what happens is out of 1 mg in the cigarette most of it is blown out as a smoke and harms the innocents around the smoker due to "PASSIVESMOKING".

One may ask what this "PASSIVE SMOKING is Passive Smoking is breathing the air filled with the tobacco smoke left from the actual smoker. The tobacco smoke that causes passive smoking consists of 2 streams of smoke e.g.,

- MAIN STREAM smoke is that which is inhaled and then exhaled by the smoker.
- SIDE STREAM smoke from the burning tip of the cigarette is more dangerous because 85% of the tobacco smoke in the room is side stream smoke which contains a higher proportion of toxic gases. What everybody should know is that more than anything Nicotine is a single modifiable major risk factor for coronary artery disease causing heart attack. The death rate for all the cardiovascular disease for tobacco smoker is 2-3 times that of non-smokers and what is worse is between 35-45% of these deaths occur before retirement age. That means the smoking is a prime killer in the prime of life. It also causes block in the blood vessel leading to gangrene and amputation of the limbs, crippling more than 20,000 persons per year in India. Further Brain hemorrhage and stroke & paralysis are 3 times more common in smokers than non-smokers.

One may be interested to know how exactly tobacco causes heart trouble?

Smoking tobacco precipitates chest pain by increasing the heart rate, increasing the work load of the heart and by causing spasm of the blood vessels supplying blood to the heart (Coronary arteries) leading to heart attack and death in some. It reduces the levels of HDL cholesterol which is good cholesterol protective to the heart.

Hence it is very important to quit smoking.

One may ask what are the benefits of quitting smoking. They are:

- As soon as a smoker stops smoking the body starts to cleanse itself of tobacco poisons. Within 8 hours the nicotine levels will be reduced by half and within 24-28 hours the carbon monoxide level will be down to that of a non smoker. The oxygen level gradually returns to normal and the heart beat slows to normal range,
- Lungs start to clear the tar and cilia recover and ex-smoker feels less wheezy and breathless than smoker,
- Within weeks the sense of smell, taste improve. Teeth become whiter and breathe fresher,
- For patients with cardiovascular disease giving up smoking takes longer to get the benefit. 5-10 years after cessation of smoking, death or another heart attack reduces by up to 50% or more.
WHY DO SMOKERS CONTINUE TO SMOKE?

Many smokers are well aware of the dangers and risks associated with smoking e.g., lung cancer, heart attack, bronchitis, premature menopause, aging and complications in pregnancy. But they still smoke, often they keep telling themselves and the relatives and friends.

- It won’t happen to me
- I can give up smoking at anytime
- I will stop in another few years

Reason for this complacent behaviour is because serious ill effects of smoking do not manifest until later. Smokers who feel healthy now do not believe any damage could occur to them. They often keep giving examples of other healthy smokers. True, not every smoker will get a fatal disease, but a 50:50 chance of dying from smoking-related disease is a very high and it is a fact.

Drug dependence: The main reason for not giving up even when a smoker wants to is addictive nature of nicotine. Nicotine in cigarette reaches the brain approximately 7 seconds after the first puff. Most people smoke to obtain nicotine. Hence they smoke not for enjoyment, but because they feel miserable if they do not smoke. Because withdrawal symptoms of nicotine can be serious e.g., craving, irritation, sleep disturbances, anxiety, and these symptoms are the main reason for relapse. Smokers say that “smoking helps them to concentrate or relax, relieve stress, calm the nerves, make them more creative”. But in reality what actually happens is when the withdrawal symptoms occur the cigarette puffs alleviate the symptoms and gives the smoker a false sense of feeling better and relaxed. To support their bad habit one may say “my uncle smoked for 40 years and now he is 80 years old”. But what such people miss is that nearly 40% of smokers do not collect their pension as they die of heart attack or cancer before retirement. Tobacco is neither human friendly nor environment friendly. So say NO TO SMOKING and save your heart for yourselves and your family and for the society.

KEY POINTS:

- Tobacco smoking is a chief avoidable risk factor for heart attack.
- Tobacco smoke contains cocktail of 4000 chemicals injurious to health.
- All the three main components of smoking physical and chemical, addiction and psychological dependence should be tackled in an attempt to quit smoking.
- Eliminate all the advertisements about smoking.
- Say no for tobacco now and for ever, Remember just six cigarettes are enough to make a young person addict for Life time and kill him in prime life in future.

What is common between Gun & Cigarettes? Both Kill!!!

Road Traffic Accidents in India: Observational analysis

It is very common hear that the road traffic accidents are increasing day by day. Almost daily in the news you will come to know about accidents. The loss may be in the form of minor injury to death and the damage of the vehicle. Some time the driver is beaten so badly that he may succumb to injuries. However, the driver does not make any mistake. Generally the mob is driven by emotions and become highly aggressive in such situations.

Why these accidents are increasing at the very fast rate. One of the important reasons is our hurriness. We are always in hurry without any genuine reason. We do not have the patience to wait and let others to go. Due to the hurriness we prefer wrong side overtaking. A large numbers of two wheelers pass the standing bus from the wrong side, the left side where the passengers are getting down. The two wheeler riders do not only put himself/herself in danger but also the passengers. Moreover, our youngsters who are full of energy and drive the bike at very high speed. On the busy road they set the bet to defeat one another. In chasing and overtaking one another they meet an accident. Because
of uncontrollable speed youngsters ram into the truck, tanker or the other vehicles. Sometimes hit the divider or side by standing pole and lost the life. Sometimes they perform the stunts without wearing the helmet. Although it is enjoying but many time there put the life at risk. Those who are at the learning stage are very fascinated by the speed. As they are poorly skilled they may hit the other vehicle. Rather than applying the break they may press the lever of speed and therefore the vehicle may go out of control.

The life is so busy that the people can’t stop talking on mobile. It’s the prestige issue that the people press the mobile between the year and the shoulder. While driving with 45 degree head tilt the vehicle coming from the front would also be seen tilted. Our conversation by mobile takes a significant amount of attention and hence with poor amount of attention we put ourselves into the risk but also the others as well. A large number of accidents had taken place due to the use of ear plug and not listening to the horn. In addition to that drunken driving decreases our ability to understand signals which further lead to the accidents. In early morning many of the accidents take place due to the high pressure of sleep. Either the vehicle runs over the divider or goes outside the road or hit the other vehicle.

Many of the accidents are taking place due to bad roads in India. In the speed the vehicle may get disbalanced and sometimes it is difficult to control the vehicle. When we apply the sudden break the vehicle from behind may hit our vehicle. It may also be possible that there may be damage to any vehicle and it may move to one side and may ram into another vehicle. Apart from that weather condition may significantly contribute to accidents. In cold season low visibility due to fog and in summer season bursting of tires due to rising temperature of the roads. In the rainy season the holes on the roads are filled with the water. The driver may not get the idea of the hole which may cause the vehicle to get disbalanced.

Another important reason is the overloading whether it is on small vehicle or the heavy vehicle. The two riding on two wheelers are highly prone to accidents. It can be commonly observed that the couples with children are going on two wheelers. If you look at the conditions of auto, taxi or Tata magic which shuttles between the villages carry double the amount of its capacity. The taxies looks like the bee hive is going on the road. Those who are standing outside are at risk of accident. If your vehicle goes unwell on the road then you start repairing without taking it out of the road. That is the big mistake since the other speeding vehicles may not pay attention towards it. The truck carrying the iron rods which are half in the truck and half peeping out. The red signal is very necessary for drawing the attention of the nearby vehicle. The nearby vehicle can make the safe distance.

Another important concern is the news of the accident who had witnessed and who is getting the information in what mode. If the news is communicated in a very harsh way it may have extremely negative impact on the listeners. The listeners may face various types psychological and the physiological conditions i.e. high blood pressure, heart attack, panicky and fainting etc.

**Recommendations**

- There should be certain awareness programmes e.g. rally, nukkad natak, posters to increase the awareness among masses how to drive safely and to adopt safety measures like helmet, seatbelt etc.
- Keep your vehicle at the safe distance from the heavy vehicle.
- Always adopt seat belt and the other safety measures.
- Do not drive after you drunk.
- Talk on mobile after you take the vehicle aside. Do not be in so much hurry that you die in hurry.
- Do not over take at the turn as it is highly risky.
- In dim light, water logging keep the vehicle slow as it would minimize accident risk.
- It is mandatory to the proper way of disclosing the news of accident. Communicate the news of the accident in less offensive words so that the listener does not get panicky.
- One should first learn how to drive the vehicle. For driving on the main road one should have some patience. Get written “L” written on the vehicle so that nearby vehicle can make the safe distance.
- There should be prescribed number of person on the vehicle. Maximum two on the motor bike.
- One should take proper sleep before driving. If you are getting drowsy it is better to take the vehicle aside the road and get the sleep and then drive.
In endometriosis there is stiffness, roughness, hyperesthesia etc due to endometrial deposits in the uterine ligaments accompanied with severe pain. These conditions make the organ becomes relatively bigger in size, hard and rough and also stiff or immobile due to ligamental endometrial deposits. Ayurvedic experts use Snehana and swedana therapies where Medicated oil is applied in specific direction to improve blood circulation, followed by giving sweating to facilitate removal of toxins from the tissues, to relieves physical and mental fatigue, to improve the functioning of the body and to make it more flexible.

Samanvayee (name changed) had severe abdominal cramps during her menstrual cycle. She always had to be rushed to hospital to take pricks to subside her pain. “I was lucky this time to have an Ayurvedic doctor visiting me she said”. A potion of medicated ghee/ snehana with warm water and massage/Abhyanga followed by fomentation / Swedana on my abdomen by her therapist relieved me of my pain in minutes she concluded. Physicians who saw me said I had endometriosis that caused me experience pain making it worse during menstruation.

Ayurvedic snehana and swedana therapies to dislodge endometriosis

Endometriosis is a disorder in female in which the tissue that normally lines the inside of the uterus grows outside the uterus. With this condition the displaced endometrium thickens, breaks down and bleeds with each menstrual cycle. In endometriosis there is stiffness, roughness, hyperesthesia etc due to endometrial deposits in the uterine ligaments accompanied with severe pain. These conditions make the Menstruation excessive associated with pain and may be even frothy. The organ becomes relatively bigger in size, hard and rough and also stiff or immobile due to ligamental endometrial deposits. As the nature of the disease is also chronic these conditions also makes the client weak psychologically.

One of the causes of endometriosis is retrograde movement of disturbed vata bioenergy due to which the movements of flatus etc all natural urges flow in reverse direction. This agitated vata bioenergy in the uterus region causes uneven contractions initially throws or pushes the menstrual flow in retrograde direction upwards and then discharges it with difficulty. The subject undergoing through this problem gets relief after flushing out the menstrual flow. The incoordinate muscle action as a whole is more likely due to imbalance in the autonomic nervous control of muscles. Overactive sympathetic lead to hyper tonus of the circular fibers of isthmus/ and internal os/opening of the uterus as well as irregular contractions of remaining muscle fibers of the uterus. The menstrual flow anatomically has to go downwards but due to hyper tonicity or spasms of isthmus and internal os there is irregular contractions of all the myometrial fibers leading to retrograde flow.

Ayurvedic Acharyas administer medicines in different routes to produce cleansing effect or curative effect while treating a disease. Among these treatment strategies the well known unique cleansing therapies that flush out the toxins from both the upper and lower part of the body are labeled as PANCHA KARMA. In all gynecological disorders including endometriosis /vataja yoni vyapad – these five purifying measures namely vamana /therapeutic vomiting, virechana/ therapeutic purgation, Kashaya /Decoction based enema and sneha basti /oil based retention enema and Nasya/medicine administered through nasal route are advocated before stream lining the main treatment. These therapies have ability of evacuation ie they are capable of energetically expulsing the dosha to a large extent and thereby ensure complex cure of the so called curable disease. Before doing these elimination procedures Snehapana /oral administration of medicated fat, Abhyanga /therapeutic massage and Swedana/ fomentation are all preliminary procedures. These preliminary procedures play a very important role in effective performance of major procedure and many times client find a lot of relief in their clinical symptoms.
The therapeutic procedure where greasiness is imparted to the body using different kinds of fat is called as snehana. It is a unique procedure used in a variety of diseases and is most effective in endometriosis. Medicated oil is applied to the body in specific direction to improve blood circulation, to facilitate removal of toxins from the tissues, to relieves physical and mental fatigue and to improve the functioning of the body by making it more flexible. As it is medicated it has curative effect due to the action of herbs used in processing of the oil. The process of manipulation of the skin and the muscles is recommended in endometriosis for eliminating the pathology in the body tissues. Depending upon the therapeutic utility the sneha is used internally as preparatory procedure before administering the cleansing procedure. Sneha can also be given as a palliative medicine to cure diseases -- in these cases it is processed with herbs depending upon the illness they are suffering from. When given along with food it imparts nourishment.

◆ **Give digestive treatment as a preliminary treatment before administering Sneha / oleation.**

Pachana chikitsa / digestive is oral administration of medicine that augments and assists the process of digestion and assimilation of drugs administered and to acquire the desired result from cleansing therapies. There are two states of morbid doshas in any illness-- immature and mature state. In immature state the doshas are firmly adherent to the body tissues and channels of circulation. When in this state they cannot be mobilized into the gastrointestinal tract for elimination. Mobilization of the morbid dosha is essential to expel them from the body either by vamana, virechana or basti procedure. Moreover in the mature state the morbid doshas are separated from the tissues as well as from the channels of circulation therefore can be mobilised. Pachana chikitsa hastens the transformation of morbid dosha from immature to mature state as it activates the gastric fire which in turn activates all mechanisms of biotransformation at different levels in the body. For Pachana chikitsa different herbal or herbo mineral combinations are prescribed for oral administration in form of tablets, decoctions, aristas asavas powder etc. Chitrakadi vati is one of the well known preparations administered for augmenting metabolism.

◆ **Judging the efficacy of digestive treatment**

When one is on medication to enhance digestive power the physician ensures whether the medicine has proved effective in enhancing the digestive fire before administering sneha /oleation or administration of medication. Proper passing of flatus, evacuation of bladder, Proper movement of bowel, Feeling of lightness in the body, clarity in the pericardial region, mouth and in the throat, Clear belching devoid of smell or taste, Appearance of proper taste in the mouth, experiencing normal hunger and thirst and inability to withstand the same, disappearance of sleepiness / drowsiness, fatigue, Proper sweating are all the signs pointing out the enhancement of digestive fire.

◆ **Snehapana**

The therapeutic procedure by which greasiness is imparted to the body using different kind of fat is called as snehana. Usually fats like oils ghee, fat is administered internally or applied externally to add oiliness to the body. When given internally it is either give orally or rectally or other mode of administration where fat is given to the inside of the body. When external administration is done application of fat is done on the skin followed by massage. Oral administration snehana/oleation is carried out as a preliminary procedure before the shodana therapy/ cleansing therapy because of its amazing effects of function in the body. They produce wetness and because of this the substance clinging to the structures loose the solid nature and show a tendency to liquefy. The softness imparted to the body parts when treated with oil softens the structures and wetness imparted with oil increases the moistening effect. These effects of snehana in the body are use for the therapeutic benefit both for maintenance of healthy life in normal persons and for cure of illness in the diseased. In addition the extensive use of herbs in the preparation of medicated oil have got their own therapeutic effect and help in speedy recovery of the patient. The massage that is carried out after application of oil gives a feeling of well being, increases the blood circulation improves the process of clearing the toxic substances from the
tissues also releases the stiffness in the muscles and cures pain

When administered for therapeutic purpose sneha is also used as a cleansing agent to induce emesis, purgation or nasal discharge eg giving castor oil for inducing purgation. Sometimes sneha is administered to prepare the body for cleansing procedure where before administering emesis or purgation sneha is given as a preparatory procedure of snehana latter cleansing is carried out by administering emetics or purgatives

As Shaman sneha to pacify the vitiated bioenergy the oil /unguent is impregnated with herbs that can cure diseases depending on the illness they are suffering, and is given on empty stomach for pacifying the disease.

For the purpose of nourishment and for rejuvenation sneha is given with food and is known as brimhana sneha.

**Bahya sneha /external oleation**

Abhyanga is massaging of the body after application of the oil. There are several ways of doing Abhyanga like when only herbal paste of medicated oil is applied to a diseased part it is called as lepa, massaging with oil application to produce a squeezing effect is called as mardana, massaging with feet is called as padabyanga; when oil is used in the form of tub bath instead of water it is called as snehavagahana, while massaging in reverse direction after application of oil is called as udwartana, treating the diseased part by continuous massage in circular fashion.

**Swedana/induction of sweating**

This procedure is performed to alleviate the stiffness in the uterus relieves sense of heaviness and cures feeling of cold and to increase the natural process of perspiration. Sweating has a considerable role in the maintenance of proper balance of body fluids; it eliminates waste and toxins from the body.

In endometriosis swedana is prescribed to relieve symptoms like pain stiffness or contracture. This can be performed by application of direct heat or without use of direct heat. The physician uses his discretion in deciding the type of sudation/sweating needed for the patient.

Inducing sweating without heat can be done by physical exercise, staying in a warm house, covering body with a thick blanket, fasting, intake of alcohol, experience of fear, becoming angry, applying pastes that are hot in quality, involving in fighting, exposure to sunshine.

Inducing perspiration is the concept of swedana therapy by application of heat as explained in Ayurvedic classics like

- sankara sweda –using the heated packs, application of heat by making patient lie down on a heated marble and covering with a blanket,
- Nadi sweda steam from a boiling decoction is passed on the diseased part of the body by using specific instruments for this,
- Parisheka sweda –warm infusion are poured on the body parts that are diseased,
- Avagaha sweda warm infusion is filled with into a bath tub and patient is made to sit in this tub for a prescribed period. This is also ideal for inducing perspiration in the entire body
- Jentaka sweda is performed in a room where there is facility for burning the medicinal plants and place for resting for one person. The medicinal plant is burnt to make room warm, later when all the smoke in the room is cleared patient is allowed to stay in the room for certain period with body covered with a thick blanket
- Asmaghana sweda the sweating is performed on a human size marble slab where the medicinal plants are burnt on the slab and after the slab is heated to and adequate temperature the fire is extinguished by sprinkling water, the slab is then cleaned silk cloth is spread, on the marble slab patient is allowed to lie on this slab with his body covered with a thick blanket warm slab as well as steam from the slab induces sweating in the patient.
- Karshusweda a pit in the ground medicinal herbs are burnt inside the pit and a cot or a chair is placed over this pit. The cot /chair must have surface which has plenty of small rents. The patient is asked to sit or lie down on this chair / cot body covered with a thick cloth steam emitting from this pit passes through the cot as well as the patient induces sweating.
- Kutu sweda where special room exclusively built for this purpose is utilized. It accommodates one person and devoid of any windows for ventilation. The walls of the room are pasted with thick paste made of medicinal plants Patient is made
Health and Happiness through Exercise

No matter what your age, you can improve your life in numerous ways through regular exercise.

For older adults, moderate aerobic exercise such as brisk walking is generally considered safe. But if they are not used to much exercise, it is best not to rush into intense physical activity. Those who have a chronic health condition like diabetes or arthritis must consult their doctor first. If you must limit your exercise, even 60 minutes a week of moderate aerobic activity will help.

Manage your weight
When you consume more calories than you burn, you gain weight. However, the level of exercise required varies with individuals. Generally it is suggested that to maintain your weight, you must increase your level of moderate aerobic activity to 150 minutes, 75 minutes of vigorous aerobic activity, or a blend of the two every week. If you want to lose weight and maintain the weight loss, you need an intense aerobic workout unless you can also reduce your calorie intake.

Decrease the chances of cardiovascular disease
You can lower your chances of heart disease, reduce blood pressure and improve cholesterol levels if you get a minimum of 150 minutes of moderate aerobic exercise a week. To decrease the risk of type 2 diabetes, try 120 to 150 minutes a week of moderate aerobic activity. An intense workout is more effective.

Decrease the risk of certain cancers
Research reveals that exercise reduces the risk of colon and breast cancer. Final conclusions are yet to come in, but findings suggest that the risks of endometrial and lung cancer are also reduced through regular exercise.

Make bones and muscles stronger
According to research, moderate aerobic, muscle-strengthening and bone-strengthening exercise can delay the loss of bone density suffered by older people. For instance, the likelihood of hip fractures may be lowered by moderate aerobic exercise of 120 to 300 minutes a week. For arthritis, and other joint problems, 130 to 150 minutes of low impact aerobic exercise is suggested. Muscle-strengthening exercise can help maintain or increase muscle mass and strength. If you increase the number of repetitions as you grow older, you will see better results.

Improve mental health
For ageing adults, regular aerobic exercise or a blend of aerobic and muscle-strengthening activity 3 to 5 times a week for 30 to 60 minutes can help sharpen learning and judgment skills. Even depression can be held at bay and the quality of sleep improved.

No matter what your age, you can improve your life in numerous ways through regular exercise.”
PREGNANCY AND NUTRITION

Pregnancy is a very exciting period of expectations in a woman’s life. It is a unique natural gift of the women folk. It is very important that you stay healthy and happy during the period. One of the major factors that promote health & well being of the mother & the baby in the womb is wholesome nutrition. Good nutrition during pregnancy is not just important for your health but also for the optimum growth and development of the baby.

Your diet has direct influence on the birth weight of the baby. Pregnant women who do not eat well might not gain adequate weight during pregnancy which might result in giving birth of a low birth weight baby (less than 2.5 Kg). Low birth weight babies are at risk of impaired physical growth, mental development and deficiency diseases.

During pregnancy the woman creates a new life. The mother also grows during pregnancy. There is an increase in the overall size of her baby. There is an enlargement of the child bearing organs to accommodate the developing fetus, an increase in the breast tissue to meet the subsequent demands of lactation and an increase in the amount of circulating blood to facilitate the supply of nourishment of the newly built tissues. In order to provide for this rapid growth which includes formation of bone, production of blood and building of muscles, brain and other tissues the fetus needs ready- made nutrients. These are solely derived from the mothers body through her blood stream. Therefore, the mother has to pay special attention of the kind & quantity of food she eats, since this will determine the heath of her baby.

Warning signs of food deficiency

Hair fall, chipping of nails, swelling in the feet especially around the ankles, leg cramps, loss of weight, excessive fatigue, any kind of dizziness. Lack of feeling of the baby’s movements.

Here are some facts you should know.

1. 10-13Kg is ideal weight gain throughout the pregnancy

<table>
<thead>
<tr>
<th>Trimester</th>
<th>Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st trimester</td>
<td>1-2 kg</td>
</tr>
<tr>
<td>2nd trimester</td>
<td>1 -2 kg/month</td>
</tr>
<tr>
<td>3rd trimester</td>
<td>2-3 kg/ month</td>
</tr>
</tbody>
</table>

Thus, to ensure adequate weight gain during pregnancy, proper nourishment is a must.

2. Morning sickness

- If you feel nauseated, try chewing on mint, cardamom, clove or sucking on ginger or lemon. Avoid supari (beetle nut) and other packaged mouth fresheners.

3. Balanced diet during pregnancy

The diet during pregnancy should contain larger amounts of ‘tissue building’ and ‘protective foods’ without any great increase in the ‘energy yielding’ foods. The need for energy in a pregnant woman is raised not much above her pre-pregnancy requirements. On the other hand, the woman’s need for body building and protective foods particularly during the latter part of pregnancy is greatly increased.

For a pregnant woman, a balanced diet should ensure adequate nutrition for both the mother and the fetus. The diet should be rich in proteins, carbohydrates, minerals, and vitamins. Here’s a balanced diet plan for a pregnant woman:

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>FOODSTUFF</th>
<th>A MOUNT / DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Rice/ wheat/ ragi/ jower</td>
<td>330g</td>
</tr>
<tr>
<td></td>
<td>Oil, ghee, butter</td>
<td>30g</td>
</tr>
<tr>
<td></td>
<td>Sugar &amp; jaggery</td>
<td>20g</td>
</tr>
<tr>
<td>II</td>
<td>Milk, curds etc</td>
<td>500ml</td>
</tr>
<tr>
<td></td>
<td>Pulses, dried beans, nuts.</td>
<td>60g</td>
</tr>
<tr>
<td></td>
<td>Meat, fish, egg</td>
<td>20g</td>
</tr>
<tr>
<td>III</td>
<td>Fruits</td>
<td>200g</td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td>350g</td>
</tr>
<tr>
<td></td>
<td>Green feafy vegetables</td>
<td>150g</td>
</tr>
<tr>
<td></td>
<td>Other vegetables</td>
<td>120g</td>
</tr>
<tr>
<td></td>
<td>Roots &amp; tubers</td>
<td>100g</td>
</tr>
</tbody>
</table>

For more information and guidance, you can visit the website www.laparoscopicsurgeries.com or contact Dr. B Ramesh at Altius Hospital, No. 6/63, 59th Cross, 4th Block, Rajajinagar, Entrance (Opp.) to MEI Polytechnic, Bangalore -10. Ph : 080 23151873. Mobile : 9844291777. email : endoram2006@yahoo.in

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Pregnancy is increased to nearly double that of her usual requirements. After a careful examination of the needs of a pregnant woman, nutrition experts have suggested a ‘balanced diet’ for pregnancy.

Proper nourishment during pregnancy
1. Eat a well balanced diet
   - Cereals provide energy hence they should form the major portion of the diet. Fats and oils also provide energy but should be consumed sparingly. It is traditionally believed that consumption of ghee (especially in the 3rd trimester) will help ease delivery. Nutritionist’s advice is that excessive consumption of ghee will only make you fat without giving any helping hand during delivery.
   - Milk curd & cheese -are the very good sources of protein. 2-3 servings in the form of 2 cups of milk and 1-2 katories of curd. Meat, poultry, fish, dry beans and dhals, eggs and nuts (Badam, pista, cashew nuts). These are also the good sources of protein required for the growth of the fetus.- 2-3 servings a day.
   - Vegetables and fruits are the sources of minerals like calcium and iron and vitamins like vitamin A and vitamin C. Hence they should be eaten in plenty. Green leafy vegetables are rich sources of all vitamins and minerals. Citrus fruits are the rich sources of vitamin C. Consume 3-5 katories of vegetables a day. Vary your vegetable choice between dark green and leafy (spinach) deep yellow or orange (Carrots, sweet potatoes) and starchy (potato). Fruits - 2-4 servings like 2 bananas, 1 Apple and 1 orange in a day.
   - Bread, rice, chapattis and potatoes- 6-11 servings. It is not dangerous to eat chocolates, ice-creams or cakes during pregnancy, providing you don’t consume excessive amounts. Aerated drinks only add calories without giving any kind of nutrition. Hence such foods can be eaten in small quantity and occasionally.
2. Eat 3 or more nutritious meals a day and do not skip breakfast.
   “You are what you eat” is a phrase that has lot of merit, especially when you are pregnant. Most pregnant mothers get hungry easily and need to eat more regularly as their need for energy (an extra 300 calories a day) and most nutrients increases. Eating 2 regular meals and 2-3 light snacks a day will not only satisfy your hunger pangs but also meet all your nutritional need.
3. Eat more of “Nutrient dense” and less of “empty calorie” foods
   Recommended dietary allowance (RDA) refers to the amount of energy (calories) and nutrient which will maintain good state of nutrition in healthy people of all ages. The allowance include a margin of safety to cover individual differences.
   Opt for “nutrient dense” foods (packed with essential nutrients) that are prepared with less oil/fat and are less sweet.
   - Increase food intake
   - Whole grains, pulses. legumes, sprouted pulses, leafy vegetables, jaggery, dates, groundnuts, are foods of plant origin having good iron content. Include more number of these in the daily diet.
   - Include green leafy vegetables in daily diet right from the beginning as all foliage provide ‘folic acid’ much needed during early months.
   - Consume vegetables in plenty. And one seasonal fruit daily.
   - Milk, curd, buttermilk, egg, meat are helpful foods during pregnancy.
   - Some foods like eggs, papaya etc. causes heat during pregnancy is a misconception.
   - Iodized salt should be consumed as pregnant women require sufficient iodine for brain development of the child in the womb.
   - Take plenty of fluids/water. Drink at least 8 cups of fluids a day. Water, milk, fruit juice and vegetable soups are excellent choices.
   - Take small and frequent meals.
4. Rest: Heavy work should be avoided throughout the pregnancy. Rest (in lying down position) during third trimester is important to enable adequate flow of nutrients from mother to the child.
   - Avoid : Artificial sweeteners are strictly prohibited. Monosodium glutamate (Ajinomoto) found in Chinese foods should be avoided. Do not drink tea or coffee immediately after lunch or dinner, as it will reduce the absorption of iron from your food. Try and avoid papads, pickles, salted snacks, potato chips, chocolates, cakes, pastries and aerated/ carbonated beverages. Avoid drugs like painkillers or antibiotics without your doctor’s consent. Don’t drink alcohol or smoke cigarette. Note that cough medicines include alcohol.
5. Eat folate and iron rich foods: Pregnant women need more of folic acid that helps to increase birth weight and reduce congenital anomalies. Green leafy vegetables, legumes, nuts and liver are good source of folic acid. Iron is needed for hemoglobin synthesis, mental function and body defense against diseases/ infections.
   Deficiency of iron leads to anemia maternal mortality and low birth weight infants. Plant foods like legumes, dried fruits and green leafy vegetables contain iron. It can be obtained better through meat, fish and poultry products. Iron & folic acid tablets should be consumed throughout the pregnancy.
6. Immunization: Immunization of the pregnant woman with tetanus toxoid 5th & 6th months of pregnancy in two doses at an interval of 4 weeks is essential.
   - Pregnancy and Diabetes
   There are some women who are potentially diabetic which is not a bar for having a healthy baby. But always consult your doctor before planning pregnancy and control your blood sugar very rigidly. Have a regular diet, exercise and insulin if necessary for a healthy baby. Visit your doctor and obstetrician whenever you are asked to visit. Your baby has no greater risk of developing diabetes because you had diabetes during pregnancy. It is always advisable to have one or maximum two children at an early age.

http://healthvision.in
Dr. Vijay Kumar Sachdev Ph.D (alternative medicine), the founder of ‘Viswas Sachdev Centre For Mind Control’ lived in the Himalayas with the Saints for 7yrs. He is a Multi faced Radiant Personality and a Motivational speaker with 25 years of experience as a Consultant, Training and Treatment in Holistic Health Care, Stress Management, Nature Therapy and Mind Control.

He works to polish personalities of ordinary people so that they may lead exceptional lives of their choice. His open mindedness and the ability to accept other people’s views, limitations, belief systems cultural outlook without being judgmental – is probably his biggest strength. Working with a mix of conventional and non-conventional tools. He has a unique combination of a Coach, Counsellors, Trainer and Healer. He is a good motivational speaker and treated thousands of patients.

Recently he was honoured from Accountant General Office for yoga on the occasion of international yoga day.

◆ Services

Viswas Sachdev Centre For Mind Control was established in 2002, focuses on Mind, Emotions and physical ailments – all types of muscular and chronic pains and diseases. Health without medicine and live a life without doctor – drug less treatment is the vision of Dr Sachdev.

- Stress Management
- Health Management
- Mind Control Development
- Relaxation Techniques
- Meditation Techniques

◆ Achievement

- Certificate in Theta Healing, Basic DNA from THINK, Theta healing Institute, U.S.A
- Certificate in Reiki Healer Advance course from REIKI healing Foundation, New Delhi.
- Member of Acupuncture Association.
- Certificate in Hypno NLP for self-improvement from Institute of Mind control and Development, Hyderabad.
- Certified in yoga and Naturopathy for holistic health.
- Certificate in Pranic Healing 3 levels from World Pranic Healing Foundation, Philippines.
- Certificate from Forest Academy, Divine Life Society, Rishikesh.

◆ Treatments

- Acupuncture
- Sujok
- Cosmic Energy Healing
- Theta Healing

◆ For details

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DRESS CARE TIPS

- Rub with a piece of guava to remove paan stains.
- Rub any cold cream or night cream and rinse the lipstick-stained areas with a club soda.
- Apply some petroleum jelly on the lipstick stains on the clothes and then wipe off a piece of white bread. Brush away the crumbs and wash as usual.
- For lipstick stains on white clothes dip the stained areas in lemon juice.
- Place the lipstick stained area on a white towel and rub with a sponge dipped in soap water solution.
- For lipstick stains on colored clothes dip the stained part in diluted lemon juice.
- Cleaning stained unwashable cloths can be done by steaming it till properly damp and then rubbing with an abrasive cloth working from outwards towards the centre.
- Ballpoint pen marks can be cleaned with hair spray or nail polish remover and then blot the cloth.
- Chlorine bleach should be used as a last resort for cleaning ink stains.
- Ink stains can be smeared with petroleum jelly and soaked in soap water.
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