



# IMAFEST 2019

20th Annual Conference of IMA Dombivli  
*Making change happen with Medicine and Beyond...*



**Saturday, 30<sup>th</sup> November & Sunday, 1<sup>st</sup> December 2019**

Majestic Banquet Hall, Hotel Shivam, Fire Brigade Road, Next to LIC Office, Dombivli (E).  
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# SOUVENIR

**Editor :** Dr. Archana Pate • **Co-Editors :** Dr. Meena Pruthi, Dr. Suchitra Kamath, Dr. Nayana Chaudhari



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## IMA DOMBIVLI

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ORGANIZING TEAM IMAFEST 2019



**EDITORIAL**  
**Dr Archana Pate**  
IPP, IMA Dombivli  
Advisor, IMAFEST 2019

Holistic Health deals with taking care of the body as a whole. The important components of Holistic Health are Emotional, Physical, Spiritual, Social and Mental Health. Of this, Social Health is a very important aspect. Greek Philosopher Aristotle said “Man by Nature is a Social Animal. He who lives without society is either a Beast or God.”

Studies have shown that for leading a Happy Life, one needs to have a good social life by connecting more with friends, family, colleagues and community. One of the best ways to improve social health and be happy, is to get involved with your local community – weather through organization, clubs or other local community programs. IMA is one such close community which helps to strengthen not only our professional relations but also our interpersonal relations as a National, State and Local community.

IMA Dombivli has always been in the forefront in working on this aspect of connecting with the community. Various educational and informative community events provide a great platform for connecting with public at large, whereas various scientific programs, cultural events, family gatherings etc. have helped to consolidate IMA Dombivli members as one big family.

IMAFEST, the annual scientific and cultural festival of IMA Dombivli has become synonymous with Academic Feast, Cultural Grandeur, Great Hospitality and Fantastic camaraderie; an event where the entire IMA Dombivli family comes together and connects!

It’s a pleasure to bring out IMAFEST Souvenir every year with meaningful content! This year’s theme for IMAFEST 2019 Souvenir is ‘Let’s Celebrate Health’. We have tried to include great tips and advices from eminent personalities on different preventive aspects of Health which will surely help to lead a holistic life. Hope you all enjoy reading the souvenir as much as we enjoyed putting it together!

My heartfelt thanks to co-editors of the Souvenir – Dr. Nayana Chaudhari and Dr. Suchitra Kamath... sincere thanks to President, IMA Dombivli Dr Meena Pruthi for her invaluable suggestions in shaping up the souvenir! Please do write your feedback and suggestions on [imadb12010@gmail.com](mailto:imadb12010@gmail.com).



**MESSAGE FROM HON. SECRETARY GENERAL,  
IMA HQ  
Dr R V Asokan**

Dear Dr Archana,

I am overwhelmed by the cordial invite by IMA Dombivli Branch. I am pleasantly impressed by the dynamism of the Branch. It is certainly one of the role model branches of IMA. Apart from the primary duty of creating the right ambience of practice, Dombivli Branch has risen to stand with its members in times of distress. It has been the family forum and the academic club. Dr Meena Pruthi has led the Branch with grace, dignity and unfettered enthusiasm. The Green Book of the Branch is a novel idea. The Branch has always risen to the larger call of the medical fraternity as well as the nation. It has played a pivotal role in flood relief activities. Dr Mangesh Pate, a senior national leader from your Branch led the Maharashtra state in relief measures. I congratulate the current team for their sacrifice and dedication. Let the exemplary leadership and service of TEAM IMA DOMBIVLI lead the medical fraternity of the nation to its destiny. Let generations of leaders arise in this crucible of leadership !



**MESSAGE FROM PRESIDENT,  
IMA MAHARASHTRA STATE  
Dr Avinash Bhondwe**

IMA Dombivli branch is hailed as one of the most active branches of IMA Maharashtra State. It has done exemplary work in Academic, Social and Cultural aspects. It has provided motivating and inspiring IMA leaders at the State and National Level.

IMA Dombivli has structured its administrative work of the branch very efficiently, and has meritoriously implemented as well as developed the Wings and Schemes of Indian Medical Association very efficiently.

My heartiest congratulations for the countless community-based programmes which IMA Dombivli has carried out for the society at large. The projects like Community Education Programme by making the citizens aware about various myths regarding the Health and diseases are really commendable. The plans under the banner of Mission Pink Health, Patient & Doctor Redressal Forum, Project Adhaar, Aao Gaon Chale, Aao School Chale have not only improved the Image of Doctors in the society but it has proved to be quite inspirational for the Doctors & Community at large.

Innumerable CMEs, Seminars, Cultural Programmes and magnificent Conferences conducted by your branch have kept your members abreast of all the recent advances in all the disciplines in the field of Medicine. You have promoted the modernized knowledge to your members in all the specialities of Medical Science. Your efforts to promote the improvement in the public health scenario and medical education in India are praiseworthy. Your untiring endeavour to protect and help the Doctors & community from the legal injustice, mob violence and unfair treatment by the government and civil administration are admirable.

I wish IMA Dombivli Branch a majestic illustrious future in the years to come and sincerely wish a very a Grand Success for your conference, IMAFEST 2019.

We are proud of you !

Jai IMA.



## **MESSAGE FROM CHAIRMAN, IMA HBI MS**

**Dr Mangesh Pate**

National Treasurer, Hospital Board of India, IMA HQ  
Advisor, IMAFEST 2019

I am so happy to see my branch excelling in successive years. IMAFEST is a set brand; an academic & cultural celebration of our branch.

Medical fraternity has unique features compared to all the other professions & caters professional services against all odd situations. Healthcare delivery is witnessing hurdles from all directions making it a not so preferred profession. Even medical education is drastically moving away from reach of common man. Effective repercussions on healthcare cost is evident & is unfortunately not being thought over. Policy making in healthcare & medical education is lacking vision & professionalism.

While the fraternity sails against all odds, the need of unity with backbone of Indian Medical Association stands as the only hope. IMA has displayed its firm & supportive role in all issues & has proved its true National character.

IMA Dombivli branch, President Dr. Meena Pruthi & Team IMA Dombivli deserve a big applause. IMA Dombivli stands as a strong IMA branch in the country. In spite of being a medium sized branch, it has proved its potential time and again at every level in the fraternity.

I welcome all dignitaries and delegates to our branch & I wish the very best to IMAFEST !

Let us celebrate the festival of IMA !

Long live IMA !





**MESSAGE FROM THE PRESIDENT,  
IMA DOMBIVLI  
Dr Meena Pruthi**

Greetings!!

A warm and cordial welcome to all the dignitaries, delegates, dear members and friends to IMAFEST 2019, the 20<sup>th</sup> Annual Conference of our branch. IMA Dombivli has been active and, in the forefront, organising excellent conferences year after year and it has taken NINE months of dedicated efforts by the organizing team, overcoming new hurdles each day to put up this amazing Scientific & Cultural Extravaganza- IMAFEST & NAVRANG 2019.

The branch is honored to welcome Dr. R. V. Asokan Sir, Hon. Secretary General, IMA HQ as the Chief Guest and confer upon him the Dr. U. Prabhakar Rao Oration Trophy & Citation.

This year the conference being a local event, we are proud as many of our branch members shall be owning the stage as speakers and sharing their expert knowledge.

The Preconference Workshop '**Diagnosics Revisited**' takes us back to the medical college days and helps refine and refresh our report reading skills.

IMAFEST Souvenir, '**Let's Celebrate Health**', partakes the message that Health is not merely an absence of disease or infirmity but a state of complete physical, mental and social well-being. As HEALERS, how to achieve this healthy state of body, mind and spirit ourselves and help our patients too is what is explicitly depicted in the articles by experts; for it is important and imperative in the current times to heal the healing hands !!

The upcoming year 2020-21 being the 50<sup>th</sup> Anniversary of our branch, we've planned IMAFEST 2020 & NAVRANG 2020: The State conference cum Cultural Festival on a scale Grandeur to be held on 30<sup>th</sup> October,| 31<sup>st</sup> October and 1<sup>st</sup> November 2020. So please do take the advantage of the early bird offer and enroll for the most Prestigious event of our branch.

We hope you enjoy this Academia cum Cultural Feast. Please do not forget to fill and submit the feedback forms for your opinions and kind suggests will help us grow and refine.

Last but not the least, Sincere Heartfelt Thanks to the entire organizing Team IMA Dombivli and our branch members who generously helped us put up this amazing annual branch conference!



**MESSAGE FROM ORGANISING CHAIRPERSON,  
IMAFEST 2019**  
**Dr Vandana Dhaktode**  
President Elect, IMA Dombivli

IMA Dombivli Proudly Welcomes all Delegates to its 20th Annual Conference 'IMAFEST 2019'.

This year's theme is "MAKING CHANGE HAPPEN WITH MEDICINE AND BEYOND". In Lieu with the theme, our scientific team has lined up excellent speakers and topics. These sessions are absolute Academic feast.

We are honoured to have Hon. Secretary General IMA Headquarters, Dr. R.V. ASOKAN for delivering the prestigious 'Dr. U.Prabhakar Rao Oration'

The Pre Conference workshop 'DIAGNOSTICS REVISITED', is an icing on cake and adds 2 MMC points to our 4 MMC Credit points of the Conference.

The Cultural Festival 'NAVRANG 2019' is a colourful affair with 9 Competitions and Eminent Judges, showcasing the non-academic side of Doctors.

Not to forget 'JALSA', where all the delegates will shake a leg to the tunes of a Live Orchestra after marathon academic feast.

The Souvenir with its theme 'LET'S CELEBRATE HEALTH', is an absolute gem to read.

I sincerely thank the Advisory Committee for Helping the Organising Committee with its expert advice and guidance to enhance the success of our conference.



# IMAFEST 2020 / NAVRANG 2020

IMA Maharashtra State Cultural Festival, 21st Annual Conference of IMA Dombivli  
NAVRANG 2020 Organized by: IMA Maharashtra State, Hosted by: IMA Dombivli  
**(30th October, 31st October and 1st November 2020)**



**Contact Details :** 9820128699, 9821131758, 9820064054, 9136105757

**Website:** [www.imadombivli.com](http://www.imadombivli.com), **Mail ID:** [imadb12010@gmail.com](mailto:imadb12010@gmail.com), [imafestdombivli@gmail.com](mailto:imafestdombivli@gmail.com)

Dear Friends,

It gives us immense pleasure to announce IMAFEST 2020 & NAVRANG 2020, IMA Maharashtra State Annual Cultural Festival along with IMA Dombivli's Annual Scientific Conference. 2020 being IMA Dombivli's Golden Jubilee year, we promise to present superbly crafted cultural and scientific programs to make the event most memorable for you! The conference and the cultural events will be spanning over 3 days and it will be a brilliant amalgamation of academics, cultural events, competitions, lovely camaraderie and happiness all over!

The conference will be held over 3 days - 30th, 31st October and 1st November 2020 at a wonderful, epic venue which will be announced soon. We, the members of IMA Dombivli and Team IMAFEST 2020 / NAVRANG 2020 extend our heartfelt, warm invitation to everyone to attend this magnificent conference in the city of Dombivli and be a part of this grand event!

Warm Regards,

Team IMA Dombivli

Organizing Team IMAFEST 2020 / NAVRANG 2020

## HIGHLIGHTS OF THE CONFERENCE :

- Excellently crafted scientific sessions
- Speakers of National Repute
- Oration by Eminent Speaker
- Presence of National and State IMA Leaders
- 4 credit points from MMC
- 2 Gala Banquets
- Special Dandiya on the eve of Sharad Purnima
- ग्रंथ दिंडी
- Cultural Grandeur — Participate in multiple cultural and literary competitions, be it Dancing, Singing, Acting, Paintings, Photography, Hidden Talents, Books, Poems, Essays and much more
- Participation in cultural events by IMA Doctors and their families
- Participation of Delegates from all over Maharashtra



# IMAFEST 2020 / NAVRANG 2020



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Website: www.imadombivli.com, Mail ID: imadb12010@gmail.com, imafestdombivli@gmail.com

## REGISTRATION FORM

Receipt No.

NAME : .....

Address : .....

IMA MEMBER / NON IMA MEMBER .....

IMA BRANCH ..... MMC No. ....

Mobile No. .... Email .....

Accompanying person Name ..... Age .....

Payment details : Cash / Cheque No. .... Dated. ....

Bank .....

Meal preference : Veg  Non-Veg

### Registration Charges (Inclusive of GST)

Category	Early bird offer Till 31st March 2020	Till 31st July 2020	Until 30st Oct. 2020
Delegate	3000	3500	4000
Accompanying Person	2500	2500	2500
Medical Students	2500	2500	2500
only Banquet	1000 per Banquet	1000 per Banquet	1000 per Banquet

**ACCOMMODATION** : Will be declared as per actuals

**Contact** : 9986540968 / 9820131395 / 9975467592

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Online Payment can be done from

[www.imadombivli.com](http://www.imadombivli.com)

#### Registration includes :

**For Delegate** : Breakfast, Lunch & Hi Tea for 3 days, Banquet for 2 days, Participation in all cultural Programmes, Delegate Kit

**For Accompanying Person** : Breakfast, Lunch & Hi Tea for 3 days, Banquet for 2 days, Participation in all cultural Programmes

#### Please Note :

• Children above 5 years have to be paid in full. • Please produce your payment receipt at Registration counter • Please ensure to wear Conference badge at the Venue / Banquet. • Delegate kits will be given to Delegates registering on the spot only if available. • Charges once paid will not be refunded.



# IMAFEST 2019

## 20<sup>TH</sup> ANNUAL CONFERENCE OF IMA DOMBIVLI



### SCIENTIFIC SESSIONS

4 MMC  
Credit  
Points

#### SATURDAY 30th November 2019

9.00 AM - 9.30AM	Welcome	Dr. Vandana Dhaktode / Dr. Meena Pruthi
9.30 AM - 10.00AM	Newer treatment Modalities of Diabetes	Dr. Gayatri Ghanekar
10.00 AM - 10.30 PM	Recent Advances in Ca Lung	Dr. Pritam Kalaskar
10.30 AM - 11.00AM	Secondary Headache	Dr. Yogesh Ghodge
11.00 AM - 11.30AM	Heart Failure	Dr. Talha Meeran
11.30 AM - 12.00 NOON	Robotic Surgery in Urology	Dr. Pankaj Maheshwari
12.00 NOON - 12.30PM	Spinal Dysraphic State	Dr. Ajay Bajaj
12.30 PM - 1.00 PM	Colorectal Cancer - The New Scrouge	Dr. Anil Heroor
1.00 PM - 2.00 PM	<b>LUNCH</b>	
2.00 PM - 3.00 PM	<b>INAUGURATION CEREMONY NATIONAL &amp; STATE IMA LEADERS</b>	
3.00 PM - 4.00 PM	<b>ORATION</b>	<b>Dr. R. V. Asokan</b> (HSG, IMA HQ)
4.00 PM - 4.30 PM	UTI & Kidney Functions in Children	Dr. Pankaj Deshpande
4.30 PM - 5.30 PM	Panel Discussion : Making the Invisible Visible Picking up early signs of Psychiatric Illness Moderator : Dr. Vijay Chinchole	Panelists : Dr. Adwait Padhye Dr. Deepti Gada Shah and Dr. Shailesh Umate

#### SUNDAY 1st December 2019

9.00AM - 9.30 AM	Immunotherapy in Treatment of Cancer	Dr. Pushpak Chirmade
9.30 AM - 10.00 AM	Pollution and Lung diseases	Dr. Jayalakshmi T.K.
10.00 AM -10.30 AM	Interesting Cases in Haematology	Dr Shyam Rathi
10.30 AM - 11.00 AM	Current indications of PTCA vs CABG	Dr. Shantesh Kaushik
11.00 AM - 11.30 AM	Approach to Polyarthritits	Dr. Shashank Akerkar
11.30 AM - 12.00 NOON	Different Diets and their Funda	Dr. Nitin Patankar
12.00 NOON -12.30 AM	Role of Nuclear Medicine in Clinical Practice	Dr. Atul Marwah
12.30PM - 1.00 PM	Advances in Liver Surgery	Dr. Gaurav Chaubal
1.00 PM - 2.00 PM	<b>LUNCH</b>	
2.00 PM - 2.30 PM	Minimally Invasive Neurosurgery	Dr Abhijeet Kulkarni
2.30 PM - 3.00 PM	'Movers and Shakers' - A Practical Approach to Movement Disorders	Dr. Kirti Patil
3.00 PM - 3.30 PM	Hyponatremia - Approach to the patient	Dr. Dinesh Mahajan
3.30 PM - 4.00 PM	<b>VALEDICTORY FUNCTION</b>	

# HOLISTIC HEALTH

Compiled by **Dr Archana Pate,**  
MD (Medicine)  
Consultant Physician,  
Aastha Hospital & Critical Care Centre

Holistic medicine is a form of healing that considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health -- the primary goal of holistic medicine practice -- by gaining proper balance in life. Holistic Health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment.

Holism is the theory that the parts of any whole cannot exist and cannot be understood except in their relation to the whole; "holism holds that the whole is greater than the sum of its parts"; that parts of a whole are in intimate interconnection, such that they cannot exist or be understood independently of the whole.

## THE IMPORTANCE OF HOLISTIC HEALTH

While people are living longer today, they also are experiencing chronically high levels of stress and fatigue, are consuming nutrient depleted foods, and are exposed to hundreds of potentially harmful chemicals through our air, water, cleaning, and personal care products daily. Holistic health takes into account the many external and environmental factors which could be supporting or impacting our overall health and wellness, and with climate change impacting our surrounding environments more and more each day, it is important that we have a systematic way of addressing health in the future.

## THE 5 ASPECTS OF HOLISTIC HEALTH: PHYSICAL, EMOTIONAL, SOCIAL, SPIRITUAL, AND MENTAL

When it comes to holistic health, we are looking beyond the physical body and are addressing physical, emotional, social, spiritual, and intellectual health. All of these 5 aspects of holistic health are what enable a person to truly live each day in the healthiest, happiest way possible and if one area is compromised, most likely other areas will be as well.

### PHYSICAL

Our physical health is what most people think about when they think of health. This is mostly because it is the physical body that often shows us physical signs and symptoms of either optimal or sub-optimal health. These physical signs and symptoms are also easier to track and measure, versus other non-physical signs and symptoms that can feel more abstract.

When it comes to supporting your physical health there are few key practices that everyone can benefit from and can make a huge difference on your overall well-being:

- Sleep for 8 hours each night. This will allow your body to truly rest and repair from the day.
- Eat a nutrient dense diet that is high in plant-based foods and organic/pastured animal products.
- Maintain a balanced blood sugar by eating meals and snacks that contain fat, carbohydrates, and protein every 3-4 hours.
- Walk / Exercise 30 minutes each day. While every person's exercise routine will be different, everyone can benefit from at least 30 minutes of movement each day.
- Limit processed foods and hydrogenated oils which are highly inflammatory and can increase risk of chronic disease.
- Do not smoke, and avoid excessive alcohol consumption.

### EMOTIONAL

While often overlooked, our emotional health is just as important as our physical health — especially because our emotional health can affect our physical health if it is not prioritized.

#### Ways you can support your emotional health:

- Don't Criticize, Judge or Blame. People can easily get caught up in self-critical thinking, which perpetuates low self-esteem, contributes to depression and anxiety, and inhibits social interaction. No one wants to be judged, criticized or blamed, and if those dynamics are present, it can indicate an unhealthy, and potentially abusive, relationship.
- Get it out. Expressing what is on your mind will help you to maintain a focused mind. After a long day or a significant event, you may feel confused and not be able to make sense of your feelings. By writing down your thoughts, you may be able to think clearer and move forward
- Seek out therapy when needed. Therapy is an essential part of supporting our emotional health and should be utilized whenever necessary.
- Practice mindfulness and stress reduction habits that can help you better manage life's daily stressors.
- Keep a journal to record your thoughts and feelings. Use your journal to record what you are grateful for as it can help bring positivity into times of stress.

## SOCIAL

Research has shown that the happiest people on earth have deep connections with their friends, family, and community. This is often why religion is connected with happiness as it can provide a deep sense of community and support, no matter what faith a person chooses.

### Ways that you can support your social health:

- Make time for in-person connection. While technology has allowed for us to feel connected more, research has shown that virtual connection still does not provide us with the same level of happiness as in-person connection does.
- Rekindle old friendships and nurture relationships with people who are respectful, positive and supportive. No human being is perfect. Everyone gets caught up in the challenges of daily life at times, and rekindling old relationships that have been positive ones in the past is a great way to strengthen your social support system. Maintaining friendships with individuals who respect, love and accept you for who you are is crucial to our social wellness.
- **Get involved in your local community. Whether this is through organizations, clubs, or programs in community - getting involved in your local community is one of the best ways you can support your social health and improve happiness.**
- Set boundaries with people in your life that may increase stress. Also do not be afraid to walk away from friendships and relationships that are negatively affecting your health.

## SPIRITUAL

Spiritual wellness does not necessarily mean that you need to become religious, although the two often have overlapping practices and principles. Instead your spiritual health should focus on how you are connecting with your inner soul, and the greater world around you.

### Ways you can support your spiritual health:

- Try yoga. Yoga is a physical technique that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body. Yoga is taught at all different levels and can help lower stress, boost the immune system, and lower blood pressure as well as reduce anxiety, depression, fatigue, and insomnia.
- Travel - Taking time for yourself to travel to a comforting place or somewhere new can do wonders for your mind. When you are at a place where your mind can keep out distractions and help you reflect and rest, you will have a better connection with yourself.
- Think positively - Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy

place. When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.

- Take time to meditate. While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with yourself. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take five to 10 minutes to meditate each day. Fitting meditation and relaxation into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness.
- If you are religious, take the time to practice your faith

## MENTAL

The last aspect of holistic health is our mental health, which often overlaps with both our emotional and physical health. The big distinction between our mental and emotional health though is that while our emotional health refers mostly to our daily mood and emotions, our mental health refers to our cognitive abilities that affect how our brain functions.

### Ways that you can support your mental health:

- Plan your day. Sort your pending work according to priorities.
- Always keep your mind active by seeking out learning opportunities and problem-solving practices that challenge your brain.
- Consume nutrient dense foods that are high in antioxidants and omega-3 fatty acids that will help reduce overall inflammation and support cognitive function.
- Avoid excessive drinking, smoking, and consuming recreational drugs.
- Improve gut health with gut healing foods like bone broth and prebiotic and probiotic rich foods. Since the brain is directly connected to the gut a healthy gut is essential for a healthy mind.

Rarely is one person's configuration identical to that of others. There may be many similarities or there may be extreme differences (even among family members, or between the patient and the provider). Importantly, health and mental health care providers may have to rethink their own notions. Holistic medicine seeks to expand the focus of health care beyond the boundaries of assessing and treating discreet physical symptoms to include an equal emphasis on how mental and spiritual health factor into overall wellness. This body-mind-spirit approach has much to offer, particularly for both doctors and patients who regard preventing illness and maintaining overall wellness as important as dealing with disease when it arises.

• • •

# MEDITATION: THE HEALING CURE

Compiled by **Dr Meena Pruthi** from expert talks by  
Sri Sri Ravishankar, Founder Art of Living Foundation.  
Consultant Physician  
Lifeline Hospital & Diagnostic Care, Dombivli (W)

*Meditation is....*

*Mind in the present moment.*

*Mind without agitation.*

*Mind without hesitation.*

*Mind that has no anticipation.*

*Mind that has become NO MIND is Meditation*

## Why do we need to Meditate

Today all over the world it is being recognized that we need to focus on Gross Domestic Happiness. Meditation is the secret key to happiness for it has multiple benefits in all stratas of our very existence. It keeps us physically fit and healthy, mentally focused and sane, intellectually it brings in sharpness, keenness of attention, awareness and enhances the intuitive power. Emotionally you feel lighter, softer and purer as it helps you get rid of all your past garbage. It creates a positive vibration around you, influencing your behavior with others and their behavior with you. Meditation gives us the deepest rest in the shortest amount of time. From the time we wake up we are always with others, our minds caught up in worldly thoughts and worries, regretting the past and or anxious about the future. So for some time during the day it is imperative to sit for a few minutes, get into the cave of your heart with eyes closed and kick the world away like a ball. Work with 100 percent attachment to the worldly chores and do not try to detach from it. But when you sit to meditate then totally detach yourself, for only those who can totally detach can take total responsibility.

## Misconceptions about Meditation

There are a lot of misconceptions about meditation, as some say it has to do with focussing on the mind, some say it has to do with religion, chants or prayers. In fact, meditation is just the opposite. It is not concentration but Deconcentration. To perform any activity we need to put in efforts, but for meditation, all we need to do is 'Relax effortlessly'.

## THE THREE GOLDEN RULES

Three Golden Rules for effective Meditation: When you are about to meditate just say these three statements to yourself

1) I Want Nothing: Even if you say 'I am Thirsty', meditation is not going to happen. Better you finish

drinking the glass of water first. Just for those 20 mins tell yourself "I want Nothing"

- 2) I Need to do Nothing: You may think "I don't want to be a monk or a recluse. I have many other things to do". Yes agreed, but just for those 20 mins take off that raincoat of desires, simply sit do nothing and want nothing.
- 3) I Am Nothing: We need to put aside the labels that we identify ourselves with for a while and say I am Nothing! I Want Nothing! I Need to do Nothing!

## Meditation is a Prayer

As children we have all been in a space of wonderment, a sense of innocence, belongingness, a connectedness to everyone around us. But then life happened and we lost this very Essence of life. Living monotonously we will be gone one day.....This is where meditation comes into play making life more meaningful for it uncovers the true nature of Who We Are!

Meditation is a Prayer; telling God "I am here to Listen to you, what do u want to say ?

*From Movement to Stillness*

*From Sound to Silence*

*From Without to Within*

*Is the JOURNEY of Meditation*

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# LIFESTYLE MODIFICATION & CARDIAC HEALTH

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As we all know, with progress in science, we have achieved considerable control over infectious diseases. Immunization and antibiotics have facilitated controlling epidemics and endemic infections.

Social and economic measures taken by the “welfare state” has ensured that no one, however poor, actually starves.

In general, we have reason to believe that we are moving towards a better and healthier India, thanks to education, government initiatives to take the healthcare to the very doorstep of the last citizen, and progress in science and technology.

However, paradoxically, some diseases are increasing during the same period of the so called progress, the diseases which were relatively uncommon in old India. These belong to a group of diseases called **Lifestyle Diseases**. They include the famous trio **Diabetes, Hypertension** and **Ischemic Heart disease**. The components of a relatively new term called **Metabolic Syndrome**.

In the beginning, restricted only to the wealthier crust of the society, they were called **Rich Men’s Diseases**. But now the disturbing trend is that they are pushing their way into less privileged sections of the society.

One of the causes of this demographic change and increased incidence of these lifestyle diseases is giving up the old Indian traditions and adopting new lifestyle which is unsuitable to our climate, culture and the genes which we inherit from our forefathers.

The traditions which last through generations are time tested by definition. If a particular way of cooking, for example, is employed, or a particular herb is considered sacred and medicinal, it is very likely that it is beneficial to our body. If it was positively harmful, it would not have survived through **millennia**.

(And when we talk about India, we don’t talk in terms of centuries. We have to talk in terms of millennia The written record dates back from time of Yudhishtir,

about 3000 BC, That is about 5000 years before now and it s anybody’s guess how older civilization must have been able to reach such a socio-economic maturity at that time !)

Due to urge to copy the British rulers during last two centuries, due to urge to conform to the global picture of progress, or due to availability of means to relax and let the machines do our work, our lifestyle has changed.

**It is often possible to get rid of these diseases by only lifestyle changes, or atleast drastically decrease their severity, reduce the dose of medications etc.** We often forget that our standard textbooks always mention “Lifestyle Modification” as first line of management and go towards drug treatment or surgery only if this primary strategy fails.(Usually it works.)

## **Harmful lifestyle changes**

1. Change in the daily routine. Late waking up and late sleeping.
2. Television till late night.
3. Eating more maida rather than atta ( bread, noodles and other fast food).
4. Changed traditional diet pattern. Going for single foodstuff menu rather than the traditional COMPOSITE diet.
5. Moving away from fibre and mineral rich MILLETS ( jowar, bajra, ragi, etc) towards more starchy foods.
6. Polishing the rice too much to remove the outer fibre rich layers.
7. Going toward more processed, canned and preserved food, instead of fresh food.
8. Drinking bottled carbonated drinks. : These contain high fructose corn syrup (HFCS) as sweetener (as against sucrose present, e.g. sugarcane juice). The fructose, in large amounts gets quickly absorbed, Enters liver without needing assistance from insulin, but gets converted in most part to fat. HFCS

is now recognized as an important cause of NAFLD (non alcoholic fatty liver disease),

9. Using artificial preservatives instead of the rich variety of spices available. While many of the spices used in Indian cooking are shown to have health benefits ,artificial preservatives like sodium benzoate or sodium nitrite are potentially carcinogenic , especially when heated along with the food they preserve .
10. Trying to eat out of season fruit: e.g. Mangos naturally become available in second half of May. But due to market demand, farmers try to get the crop early and first mangos become available, at high price , from mid January. This is done by using chemicals like paclobutrazole and then uniformly ripening them with harmful chemicals like Calcium carbide-acetylene. Eating out of season fruit is not time tested and is likely to have untoward health effects.
11. Using hydrogenated oil, the so called vanaspati “ghee”. This is rich in trans fats which has universally been accepted as a cause for atherosclerosis.
12. Using refrigerator excessively: Refrigerator is used to store a week’s vegetables. Also even cooked food is stored there for long time and reheated and frozen again and again. While freezing protects against bacterial growth, repeated freezing, thawing and heating causes nutrient loss from the food and also oxidation of unsaturated fatty acids in the oil used in the food
13. Using instruments and appliances: With electrification, easy and cheap power has become available to all urban and most rural households. From mixer to vacuum cleaner and from fan to water pump, we have facilities that do our work at a touch of button. These tasks required plenty of physical labour one or two generations ago. As physical activity is a cornerstone of cardiac health, all these “facilities” have a direct harmful effect on cardiac health. In fact every so called ‘development’ or ‘progress’, for eg. Remote control, seems to take the population one step closer to DM and Cardiac disease
14. Motorized vehicles allow us to travel long distances, without actual physical effort. The actual

distance travel gives a feeling of tiredness, without burning calories. This induces desire to eat amassing unnecessary adipose tissue.

15. Giving up traditional sports: traditional sports like kabaddi, khokho ,wrestling (kusti) were nearly given up in favour of cricket. While professional cricket players take good care of their fitness, the sport itself often involves prolonged standing without much movement for most of the players. Traditional Indian sports, on the other hand induce activity in every player.
16. Traditional Indian exercises, like surya namaskar, mudgal Jodi etc have become less popular. These exercises require minimal or no instruments. The exercises in modern gymnasiums need specialized expensive instruments and also need regular maintainence. Some even need electric power. This makes them expensive, space consuming and often out of the reach of poorer sections of society.
17. Working or actual physical effort has lost the respect of society. A man’s status is gauged by how many gadgets he is able to use or servants he is able to command for personal work. This translates into car for every journey, lift instead of stairs even for a going couple of floors, food and water delivered to his table etc. Less physical activity has become a status symbol in affluent sections of society
18. Pursuit of money has become norm. Being satisfied with what one has, has become unfashionable. People often work for longer hours than is healthy (mental work. Not physical). Take on bigger responsibilities and stress along with it. Try meeting impossible deadlines, achieving impractical sales targets, and generally live in a perpetual state of struggle, dissatisfaction and stress. The perpetual stress induced sympathetic overactivity, the famous “fight or flight” state is strongly damaging to the cardiovascular system.
19. Practice of religious meditation, listening to soothing calm music, spending time relaxing with family, visiting temples for kirtan is vanishing. These activities have effect of decreasing sympathetic over-activity and reducing blood pressure and stress.
20. Many people indulge in stressful activities like late night parties with dance, accompanied by loud and

fast music, blinking lights, and alcoholic drinks in name of relaxation. This is counterproductive and leads to further deterioration of CVS and body metabolism

21. Parties or dinners are held at night. Often late night. Biological clock demands that we eat food during day and rest at night. During traditional Indian celebrations like marriages, the feasts were held during day (except in north where prolonged Islamic influence has changed a few customs). Late night food, that too in large quantity, poor in fibre and rich in trans fats, helps development of DM and NAFLD.
22. There are many more subtle changes. Importance of them might not yet have become apparent.

### Stress and Psychological aspects :

#### चिंता दहति निर्जीवम, चिंता दहति जीवितम

This is the famous reply by Yudhishtir to a yakshaprashna about five thousand years ago.

#### “Funeral pyre burns the dead, but worry burns the living ones”

This is probably the oldest, briefest and most accurate description of damage by the psychological stress.

Today we know that a perpetual state of worry causes

- Sympathetic overactivity,
- Stress hormones release (steroids and adrenaline) resulting in hyperglycemia,
- Increased circulating lipids .
- High blood pressure and heart rate.
- Reduce renal function.
- Facilitation of atherogenesis

OXIDATIVE STRESS is an important aspect of stress induced injury. (hence the word दहति (burns) is oddly apt. One wonders if the philosopher and physicians five millennia ago knew about oxidative stress.

Indian philosophy is probably the only philosophy which has expressly tabulated the six emotions which are harmful. They are the famous “SIX ENEMIES” – SHADRIPUs

- *KAMA* : desire-greed
- *KRODHA* : anger
- *LOBHA* : attachment

- *MOHA* : confusion , having wrong picture (literally moha means darkness))
- *MADA* : excess pride
- *MATSAR* : envy

The famous American dream (and their constitutional right) of PURSUIT OF HAPPINESS is usually interpreted as pursuit of WORLDLY happiness. It has effect of falling prey to these six vices.

### Some truths revealed again

In last few years there have been some new developments which are worth noting

1. Pranayam and meditation have been independently accepted as beneficial against IHD, DM, and HTN which are major components of metabolic syndrome.
2. Fasting has been found to be good for health. Recently Yoshinori Oshumi who explained Autophagy has been awarded nobel prize .
3. Eating a composite diet, containing many foodstuffs together, like the Indian thali, is accepted to be good.
4. Eating together with family, eating in relaxed friendly atmosphere has been shown to reduce stress and promote cardiac health
5. The new research about various incretin hormones secreted in intestines, which stimulate insulin secretion, justifies the practice of beginning the meal with sweet. In traditional medicine, the early feeling of satiety - *trupti* has been mentioned. This now has scientific backing of modern physiological investigations.
6. Yoga exercises have been shown to bring about improvement in cardiac and metabolic health. While western literature is yet unwilling to go beyond measurable Physical benefits, and as yet ignoring spiritual benefits, assuming them to be outside scope of medical research, Psychological benefits are being taken into account.

### Recommendations:

Our lifestyle has changed. Partly irreversibly.

Now many of us live in flats.

Very few have single family homes standing in its own

yard, where they can plant trees or keep a cow.

Most of us don't have a well to draw water from. Usual supply of water is from taps, provided by municipal authorities.

Whether this kind of urbanization, giving rise to lakhs and sometimes crores of people living in a small area is good for people is a debatable question, but it is not something that we as doctors, can do anything about.

Our objective is to see what can an INDIVIDUAL do in the present situation to keep himself healthy.

Following are some recommendations which can be followed on personal or family level:

1. Get up at or before sunrise
2. Visit toilet after drinking a glass of warm water, even before brushing teeth or washing the face.
3. Brush teeth etc.
4. Do morning exercises and then after some rest take a bath.
5. Every morning do some amount of meditation. It is unwise to set time like "five minutes of meditation". It is impossible to relax if you keep watching clock.
6. Have some breakfast before going out to work.
7. All meals should contain varied foodstuffs, according to Indian style. Indian tradition give importance to fruits, various kinds of dals and many kinds of grain. Always eat fresh food as far as possible.
8. Eat less food towards end of the day. Just a glass of milk after sunset before going to bed is usually enough.
9. Fast once a week. If one is not religious, any day of week can be chosen at random. Sunday (or whatever day is holiday) is best as that is the day one is likely to be reckless in his diet.
10. Avoid late night parties..avoid heavy meals at night.
11. Include jivas (flaxseed) in ur diet.it contains omega 3 fatty acid.
12. Practice Indian thought process of " Nishkam karma" (work without attachment to result). It helps take away lot of stress which is known to lead to heart disease.

## Conclusion:

India has a long history of civilization. Indian customs have stood the test of time. Evolved over long long period, the beneficial custom are likely to have survived and unhealthy ones must have been discarded (or must have perished along with their adherents).

It appears to be the case that giving up many of our age old practices and adopting the so called modern lifestyle is propelling us towards metabolic syndrome and IHD.

We need pause and evaluate exactly what part of modern lifestyle is beneficial and what part is not.

It is worthwhile to re-evaluate the Indian customs and traditions in the light of modern knowledge and the parts beneficial should be preserved (or even resurrected.)

It is worth remembering that modern medical knowledge, as represented by western journals and professional bodies, keeps changing rapidly, often taking **diametrically opposite** positions in short spans of time. While this is done in the name of "**better understanding of the issue**", it should prompt us to view all such recommendations with reservation, or to employ the phrase in medical literature, "**High Index of Suspicion**".

More research is necessary to subject Indian practices to modern analytical methods to reveal hidden secrets which can be of benefit to mankind.

Meanwhile it seems to be a safe bet to follow traditional practices with an open eye and enjoy the benefits of the inheritance which the forefathers of our civilization, in their wisdom, have left for us.

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# NAVRANG 2019 REPORT

NAVRANG 2019, the grand festival showcasing Nine Arts is the Annual cultural event of IMA DOMBIVLI, celebrated as part of IMAFEST, the Annual Conference of IMA Dombivli. This year Navrang was scheduled on Sunday 24th November 2019 at Mauli hall, MIDC, Dombivli.

An evening with IMA Dombivli members and family... memories of which will be cherished for time to come.....

Seeking the blessings of the Divine, the event kickstarted with Lamp lighting by the President Dr. Meena Pruthi, IMA National Leader Dr. Mangesh Pate, IPP Dr. Archana Pate, Hon. Branch Secretary Dr. Vijayalaxmi Shinde, Organising Chairperson IMAFEST 2019 Dr. Vandana Dhaktode, Organising Chairperson Navrang Dr. Niti Upasani and the Judges.

Ganesh Vandana was soulfully rendered by Dr. Archana Pate & members of Organising committee performed synchronously the Welcome Dance on Shree Ganesha medley.

The first event of the evening was **Tarana - Gao Dil se**; the singing competition. 21 Participants awed us all with their mesmerizing voices rendering melodious and entertaining songs. Beautifully dressed MOCs Dr. Neelima Date and Dr Alka Gadgil kept the continuity of tracks and lovely backdrops for all songs.

The expression of Sur and Taal was followed by the rhythm of footsteps in the form of **Nup'ur - Dance to Express**. Dr Deepa Shukla connected the footsteps of Participants to showcase the contest. In the Age group < 18 years, IMA kids showcased their rhythmic moves in form of Western and Classical styles. In the adults category, doctors expressed attractive dance forms like Laavni, Gondhal, Kathak...

From musical performing arts the show took a funny turn towards funtime event of the **Ad Mad World...Crazy kiya Re!** Our very own doctor participants skillfully performed some funny & satirical acts to sell their products on stage in their own creative ways. Props like Matchbox, Elastic, Loans, Insurance policy, Helmet, Broom etc were given to them. Dr. Vijayalaxmi Shinde and Dr. Hemant Patil introduced all props and the participants in unique way to keep the show entertaining.

**Adaakari - The Monoacting competition** participants displayed their artistic self in various genre like drama, emotions and comedy. Dr Nayana Chaudhari and Dr Sushil Shinde, the MOC's for the event connected the participants expressions.

Non performing arts like **The Hub - Essay Writing and Synesthesia - Poetry Competition** and **Aavishkar - Film making competition** were also conducted with enthusiasm and creativity from participants.

**Atrangi - Satrangi - Fancy dress competition** compered by Dr. Bhakti Lote & Dr. Sunit Upasani saw the participants & kids in various acts and forms.

**Jalwa – Fashion show**, the Gala event of music, fashion, expression, and rhythm saw 17 participants who walked the ramp in oomph, glamour and style.

The show concluded with prize distribution wherein the efforts of the event heads and participants were at stake. Event heads awaited the response of judges and audience. Participants awaited the results of their hard work and preparation they did for their performance.

Judges for the evening were Mrs. Sanjana Thakur, renowned singer - performer and Mr. Kaushal Dedhia, a young budding performer and choreographer. They had a real difficult time judging our superbly performing doctors & shared their happiness and experience in being a part of the show.

Judges decision were Final. Judges explained their judging criteria before announcing the prizes. Criteria like creativity, theme, overall impact, audience reaction,, voice, quality, rhythm, honesty to topic, costume, originality, flexibility, confidence were some points which were considered depending on the Navrang event.

Winners were declared and prize distribution was conducted. All are winners as all those who participated have taken efforts for preparation and performing on stage.

Our President Dr. Meena Pruthi and Navrang chairperson Dr Niti Upasani appreciated the efforts of all the event heads and the MOCs. Efforts of all participants and organising team was acknowledged. Audience applause was a huge encouragement to all.

Dr Mangesh Pate, Dr Archana Pate & Dr. Vandana Dhaktode made an announcement for Navrang & IMAFEST 2020 which will be hosted as an IMA Maharashtra State Cultural conference. IMA DOMBIVLI feels privileged and honoured to enter Golden Jubilee year in 2020 and shall be organizing the Gala Academia & Cultural event in the last week of October 2020.

Jai Hind!

Jai IMA!



WINNERS AT  
**Navrang**  
2019



## PERFORMING ARTS

### TARANA - GAO DIL SE SINGING COMPETITION

1st Prize	Dr Rahul Karandikar
2nd Prize	Dr Vijay Aage
3rd Prize	Dr Priya Hardikar
1st Consolation	Mr Prasad Sawant
2nd Consolation	Dr Dilip Patil and Dr Yasmin Momin

### NUPUR DANCE TO EXPRESS

#### Below 18

1st Prize	Ms Chiara Karnik
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#### Above 18

1st Prize	Dr Shimoni Mhatre
2nd Prize	Dr Sanjyot Abhade

### AD MAD WORLD CRAZY- KIYA RE

1st Prize	Dr Makarand Ganapule
2nd Prize	Dr Manasi Karandikar
3rd Prize	Mrs Geeta Joshi

### ADAAKARI (MONOACTING)

1st Prize	Dr. Ghanshyam Shirali
2nd Prize	Dr. Makarand Ganapule

### FANCY DRESS

1st Prize	Mrs Geeta Agarwal
2nd Prize	Mast Ishaan Chinchole
3rd Prize	Ms Smira Shinde

### FASHION SHOW

#### Females

1st Prize	Mrs Lata Kalro
2nd Prize	Dr Sheetal Khismatrao
3rd Prize	Dr Neelima Date
Consolation	Dr Ashwini Acharya

#### Males

1st Prize	Dr Makarand Ganapule
	Dr Sushil Shinde
2nd Prize	Dr Sunit Upasani

## NON PERFORMING ARTS

### ESSAY WRITING

1st Prize	Mrs Geeta Agarwal
2nd Prize	Dr Vijayalaxmi Shinde

### SYNESTHESIA- POETRY COMPETITION

1st Prize	Dr Shrirang Phansalkar
2nd Prize	Dr Ashish Dhas

### AVISHKAR- FILM MAKING

Dr Sushil Shinde
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# LIFESTYLE RECOMMENDATIONS IN COMMON ENDOCRINE DISORDERS

Dr Gayatri Ghanekar

DNB (Endocrinology); MD( General Medicine)

Indian culture gives great importance to food and the process of cooking and eating. Along with food, physical exercise in the form of Yoga, which literally means unison of body and mind, also has a lot of cultural and traditional importance. In a doctor's day-to-day practice, patients and their kins are always curious about any food related instructions that may work for a particular disease or any 'Dos and Don'ts' of diet and exercise related to their illness. In today's age, due to the explosion of information on social media, lots of myths and misinterpreted facts are circulated on these media platforms and a doctor often needs to apply his scientific knowledge for clearing these misconceptions. I have tried my best to provide few common facts related to diet and lifestyle from authentic scientific organizations and their evidence based recommendations about few common endocrine disorders in day to day clinical practice.

## Diabetes Mellitus: Type 2 DM

For patients with type 2 DM, where some amount of insulin secreting capacity is retained and insulin resistance is a major part, a dietary pattern for modest weight loss is beneficial. Diet high in fibers and low on carbohydrates, saturated fats along with adequate protein content is advised. A 'plate method' is often easy to start. Carbohydrate sources should form 1/4th of plate, protein rich foods should also be 1/4th of the plate and half of the plate should be occupied with vegetables( fresh and cooked both).

Diet pattern should be customized to each patient's individual needs, traditions, and cultural preferences. Portion control, healthy food choices, mindful eating contribute to overall better outcomes. Evidence does not support any specific percentage distribution of macronutrients, so individualization, in context of metabolic goals, is preferred for better long term compliance.

Carbohydrates from low glycemic load groups, less processed, more fibers, without any other additives like sugars, fats and sodium are preferred. Saturated fats, trans-fats, cholesterol should be minimum. MUFA rich

plant sterols and stanols are preferred sources of fats.



Along with diet modification, regular aerobic exercise 150 min/ week with strength training for 2 times a week is recommended. There are many diet patterns like Mediterranean, DASH diet, Low Carb Diet, Keto diet etc. No specific pattern can really be recommended. Herbs like cinnamon, regular anti oxidant, multivitamin supplements cannot be recommended routinely due to lack of evidence.

## Type 1 DM

In patients with Type 1 DM, there is no endogenous insulin secretion and they are totally dependent on external insulin. Such patients are often better controlled on bolus –basal regime of insulin treatment. So, consistency in carbohydrate content of the meal, Carb counting and flexible insulin dosing as per the meal plan is very important to achieve glycemic targets. Such patients, when gain weight, can also develop insulin resistance just like type 2 DM patients, so insulin doses might increase. Carbohydrate counting is central to correct management and is taught to the patient/ care giver so that they can count roughly the carb units in the meal that they are going to consume and as per the carb counts and sensitivity factor can decide dose of their bolus insulin.

## Gestational DM

Increased insulin resistance due to various placental hormones in pregnant women who are at risk often results in GDM. However, now due to rampant increase in obesity, these obese pregnant women could have pre gestational DM or can get GDM at an earlier gestational age. So, screening in such patients in first trimester itself is recommended. In GDM, diet management can

be tricky as providing adequate calories for proper growth of fetus needs to be balanced with avoiding rise in blood sugar and avoiding hypoglycemia as well. Small, frequent meals with not more than 50% calories by carbohydrates, along with frequent SMBG is important. Adequate proteins and fats should be provided.

**DM due to pancreatic pathology**

DM due to pancreatic pathology like genetic/ inflammatory/ surgical/ malignant destruction of pancreatic islets and thereof, the insulin producing beta cells is a special type of Diabetes. It, most often leads to complete insulin secretion shut down. However, there can be a spectrum of insulin secretion defects due to exact amount of pancreatic islets that have been destroyed. Basal-bolus insulin regimen along with carb counting is central. Also, many patients have exocrine pancreatic defects as well, preventing proper digestion of other food groups. Pancreatic enzyme supplements, multivitamins (fat soluble) are used in such patients.

**Thyroid Disorders and Lifestyle**

Iodine is central to thyroid health and diseases, both. Apart from Iodine, Selenium, iron, zinc and Vit A are important for proper functioning of thyroid gland. These micronutrients are either complexed with proteins which have role in thyroid function or they have anti oxidant roles. These are naturally obtained through a rich and varied diet and there is no evidence to recommend these substances as supplements for avoiding thyroid disorders or to reduce dose of thyroxin or any other purpose.

Regarding Iodine, its main source is water and diet. Iodine deficiency is associated with many thyroid disorders like hypothyroidism, goiter and deficiency in mother is associated with a large spectrum of congenital defects in children including mild mental retardation to severe cretinism. RDA for iodine is 150 mcg/d for adults and 200 mcg/d for pregnant and 220mcg/d in lactating mothers. Principal sources today are iodized salt, sea weeds, sea food etc.

Apart from direct Iodine, there are few other dietary

factors which modify iodine uptake or absorption and thus affect thyroid health. Brassica family vegetables have cynogenic glycosides which form compound with iodine and prevent its absorption in gut thereby leading to or exaggerating iodine deficiency when diet does not contain adequate Iodine. Soy isoflavonides (Ginsein) also reduce iodine absorption and when consumed in vicinity of Levothyroxine reduce absorption.

Dietary Gluten is not directly responsible for thyroid disorders or Iodine metabolism but autoimmune thyroid diseases and celiac disease or gluten hypersensitivity may co exist and only in such cases, Gluten should be avoided in view of Celiac disease.

Dietary advice can be summarized as follows:

Healthy individuals	Adequate Iodine, selenium, iron, zinc and vit A, proteins.
Hypothyroidism	-Avoid soy products too close to Levothyroxine. tablets, follow proper dose and monitoring.
	- Cabbage, Cauliflower in moderation and preferably cooked. -Avoid excess Iodine.
Hyperthyroidism/ GD	- Avoid sea food, Iodine excess dose from any other source like antiseptics, cough syrups, Amiadarone tablets and radiographic contrast media in the thyrotoxic phase. -Maintain adequate calcium, Vit D and protein intake to prevent muscle and bone loss and for its proper repair and healing once toxic phase settles down.

**Obesity/ PCOD**

Obesity leads to insulin resistance and it is central to pathophysiology of PCOD. Modest weight loss with diet modification and regular physical exercise helps in reducing the insulin resistance. This weight loss can be achieved by various dietary interventions as described above and apart from those already discussed; intermittent fasting and mindful eating also can be used.

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# ENJOY A CLEAN, GERM-FREE HOME

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## Introduction

Air pollution in India, especially in Delhi and high AQI are constantly in the news. AQI is an air quality index that is a measure of the Quality of air and indicates the level of pollution or contamination of air. Although outdoor air pollution is frequently spoken about, studies indicate that the Indoor air quality is equally important and has huge health impacts.

As people spend a considerable amount of time indoors, either at work or at home, indoor air quality plays a significant part in their general state of health. This is particularly true for children, elderly people, and other vulnerable groups. Household air pollution accounts for 4.3 million premature deaths, particularly in low and middle- income countries.

## Chemical Pollutants

The EPA has shown that indoor levels of some chemical pollutants, such as formaldehyde, chloroform, and styrene, range from 2 to 50 times higher than outdoor levels. Exposure to pollutants such as environmental tobacco smoke and radon occurs almost entirely indoors.

Commonly high levels of Ozone, acetone, ammonia, benzene, benzaldehyde, chloroform, terpinene, xylene, formaldehyde, etc are found in households. Sources of these are usually cosmetics, cleaning products, fresheners, fragrances, detergents paint; laser printers, etc. Interestingly scented wax candles have high levels of lead. Environmental tobacco smoke including passive smoke is considered a level A carcinogen responsible for affecting lung and heart health.

## Biological Contaminants

Microbial pollution of indoor air comes from hundreds of species of bacteria, fungi, and molds that grow indoors when sufficient moisture is available.

Microbial growth may result in greater numbers of spores, cell fragments, allergens, mycotoxins, endotoxins,  $\beta$ -glucans and volatile organic compounds in indoor air.

## Inefficient cooking practices:

Around 3 billion people cook using polluting open fires or simple stoves fuelled by kerosene, biomass (wood, animal dung, and crop waste) and coal.

Each year, close to 4 million people die prematurely from illness attributable to household air pollution from inefficient cooking practices using polluting stoves paired with solid fuels and kerosene.

## Health impacts

Exposure to microbial contaminants such as fungi and bacteria is clinically associated with respiratory symptoms, allergies, and asthma, and can affect the immunological system. These can also cause skin irritation, rashes, and eczema.

Specific allergies can also be attributed to house-dust mites and pets.

Chemical pollutants are found to be associated with irritation, genotoxicity, lung, liver cancers, and respiratory diseases such as COPD.

Household air pollution causes noncommunicable diseases including stroke, ischaemic heart disease, chronic obstructive pulmonary disease (COPD) and lung cancer.

A WHO report states that close to half of deaths due to pneumonia among children less than 5 years of age are caused by particulate matter (soot) inhaled from household air pollution.

More generally, small particulate matter and other pollutants in indoor smoke inflame the airways and lungs, impairing immune response and reducing the oxygen-carrying capacity of the blood.

There is also evidence of links between household air pollution and low birth weight, tuberculosis, cataract, nasopharyngeal and laryngeal cancers.

## Common factors:

Excessive humidity, leakage, and exposure to water, inefficient ventilation, paints and chemicals, use of personal hygiene products such as aerosol sprays,

detergents, and cleaning agents are common sources of contamination in our homes.

Smoke created by Indian food preparation practices also add to air pollution. Use of air conditioning and humidifier systems in urban homes has been known to cause outbreaks of Legionnaires Disease.

Use of printers, photocopiers, leads to increased levels of Carbon and volatile organic compounds.

### **Prevention and Management :**

We cannot completely get rid of air pollution at home, but definitely can control it to an extent where it is not harmful to the residents.

### **Some effective practices:**

Mopping is more effective than a dusting.

All walls, floors should be Damp free and dry.

Any moldy growth should be removed and the area kept dry.

Leakages and seeping of water in buildings should be taken care of with appropriate plumbing controls.

Homes should have access to direct sunlight and natural ventilation as much as possible.

Fresheners, air sprays, incense sticks, scented wax candles should be avoided as far as possible.

Curtains, mattresses, bed sheets, rugs, and carpets should be changed and cleaned regularly.

Kitchen tops, washbasins, bathrooms are favorite areas for germs and should be regularly cleaned.

Frequent hand washing especially before and after food consumption is very important. Studies have found that our common gadgets such as Mobile phones, TV remotes, etc are heavily loaded with microbes and it is important to wipe these from time to time.

Avoid direct contact with chemicals, pesticides. Use gloves wherever possible.

Immunity of the individual plays an important role in health and it is very crucial to maintain a healthy diet enriched with immune boosters such as vitamins.

These simple measures can help us enjoy clean and germ free homes !!!

### **Public health measures**

Ensuring universal access to clean fuel and

technologies is a target of the Sustainable Development Goal on energy. Access to solar-powered energy and electricity can go a long way in curbing health hazards due to the use of solid fuels.

### **Cleaning tips:**

- Open windows everyday for at least 10-15 minutes to ensure natural ventilation.
- Ensure that doors and windows are opened during cleaning to allow for unsettled house dust, dander, etc to escape outside.
- Use of a vacuum cleaner is best especially for sofas, carpets and other upholstery.
- Simple dilute household bleach can be used for floor cleaning once or twice a month to get rid of fomites. Alternatively natural chemical free cleaning products containing lemon or vinegar can be used.
- Mopping is always preferred to dusting the floor. Ensure use of a self-cleaning/self drying mop. A wet mop can be a source of increasing humidity, harboring molds and bacteria. It should be stored dry in a separate dry storage area.
- Synthetic air fresheners and scented candles are best avoided. Use bee wax candles or natural oils such as eucalyptus if necessary.
- Indian homes have a great practice of cleaning walls, doors, light fixtures, shelves, etc during the festival season. Decluttering is a great way of ensuring the entire house is free of dust, molds and insects such as mites or cockroaches.
- Any water leakages in the house should be taken care of immediately.
- Any moldy growth in the house should be wiped off. Dilute household bleach can used for disinfection.
- Quit smoking inside the house. It is best to keep footwear outside the house.

### **Air purifiers**

- Use of air purifiers has shown to reduce indoor air pollution and decrease asthma and respiratory symptom triggers.
- It is important to use air purifiers which do not produce Ozone as a byproduct of the purifying process.

- Air purifiers are to be placed in individual rooms and the right size needs to be used depending upon the size of the room.
- The purifiers have to be properly installed and maintained and filters have to be cleaned or replaced regularly.
- HVAC systems can be installed for the entire home but are an expensive option and need engineering controls.

### **Air conditioning**

- AC's now have inbuilt humidity controls and can be used to effectively control dampness in the house. Make sure AC filters are regularly cleaned or replaced.

### **Bathrooms**

- Keep the bathroom well vented. Use an exhaust fan for at least for 15 minutes after use to remove moist air.
- Keep the floors of the bathroom completely dry.
- Clothes for laundry should be stored dry in closed laundry bags. Wash laundry bags frequently.
- Washing machines must be kept empty when not in use. After use, dry the machine using clean cloth or tissue to keep it damp free.
- Laundry detergents contain toxic chemicals and need to be minimally used. Use chemical free natural products wherever possible.

### **Bedrooms**

- Carpets and rugs harbor microbes and dust and are best avoided. If used, they need to be vacuumed frequently.
- Rugs, mattresses can be dried out in the sun. Bed sheets and pillow covers should be washed after soaking in hot water to get rid of germs.
- Keep pets out of the bedroom to minimize contact with pet dander.
- Do not use moth balls in cupboards as they are a source of benzene.
- Dry cleaning entails use of harmful chemicals. Leave dry cleaned clothes open in the air before using or storing them.

### **Kitchen**

- Use exhausts to get rid of smoke given out during cooking.
- Kitchen cooking tops should be cleaned properly using simple soap and water and then wiped completely dry.
- Don't leave food items uncovered in the kitchen.
- Invest in an odor free pest control program.
- Seal all cracks and crevices to avoid entry of cockroaches, ants, etc.

### **Indoor plants**

- Indoor plants are a source of fungal growth and best avoided. Although plants such as tulsi, snake plant, aloe vera, money plant are considered beneficial, it is best to keep them in a terrace area and not in the main house.
- If you have plants ensure that the leaves are cleaned regularly. Don't over water the plants to avoid growth of moss and bacteria.

Laser printers can release Volatile organic compounds and its best to use them minimally and in a well ventilated area.

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# CKD, A RISING TSUNAMI BETTER PREVENTED THAN CURED

**Dr. Dinesh Mahajan**

MD, DM (Nephrology)

Disha Diabetics & Kidney Care, Dombivli (E).

Chronic kidney disease is a recognized medical problem worldwide. as per the global burden of disease (GBD) study 2015 globally CKD is the 17th among the cause of deaths, while in India GBD 2015 ranks 8th leading cause of death. In India though there are no official figures to highlight the increasing number of dialysis patients, approximately 3.5 lakh to 4 lakh patients are added to the pool of permanent dialysis further burdening the strained and fragile healthcare facilities in our country. With India becoming the "diabetes capital" of the world CKD is going to move further up the ladder as a leading cause of death. Considering the progressive and degenerative nature of CKD it is better to focus on prevention rather than cure

## PRECAUTION IN DIABETICS

The earliest marker in diabetic nephropathy is moderately increased proteinuria (microalbuminuria), all diabetics should be screened for proteinuria once in 6 months and if present should be treated with angiotensin converting enzyme (ACE) inhibitor or angiotensin receptor blockers (ARB). Control of proteinuria has long term protective effect on renal function. Strict glycemic control (target HbA1c levels less than 7) can partially reverse glomerular hypertrophy and hyperfiltration. Aggressive blood-pressure control (target 5 130/80 mmHg) can retard progression of renal failure in diabetics. Sodium glucose cotransporter2(SGLT-2) inhibitor (canaglifozin or empaglifozin) can reduce kidney disease progression , cardio-vascular events and improve survival. SGLT-2 inhibitors can be used only if (eGFR)>30ml/min.

## PRECATSIONS IN HYPERTENSIVE PATIENTS:

- Hypertension is second most common cause of CKD.
- Young hypertensives should be suspected for renal failure or renal artery stenosis and screened appropriately.
- Hypertension in CKD patients is characterised by requirement of multiple antihypertensive medications (resistant hypertension).
- Target blood pressure in CKD patients should be 140/90 mmHg.
- All hypertensive patients should be screened for

presence of proteinuria and renal function test once in 6months.

## OBESITY CONTROL:

Apart from increasing the incidence of diabetes, hypertension and ischemic heart disease, obesity has direct impact on deterioration of renal function.

Obesity increases the chances of focal segmental glomerulosclerosis (secondary FSGS).

## RECURRENT URINARY TRACT INFECTIONS IN ADULTS:

- High risk patients of recurrent UTI (defined as >2 episodes in 3 months or >3 episodes in 6 months).
- Poorly controlled diabetic patients,
- patients with significant post void urine residue,
- patients with neurogenic bladder,
- patients with bladder outlet obstruction.
- Recurrent UTI will destroy the renal parenchyma and predispose to renal cortical scarring.
- Treatment in such cases should focus:
  - on strict glycemic control,
  - treatment of constipation.
  - ensuring complete bladder evacuation.
  - Antibiotic prophylaxis of atleast 3 months should be considered.

## EARLY IDENTIFICATION OF UTI IN CHILDREN:

UTI in children could be because of;

- Vesicoureteric reflux.
- Posterior urethral valve
- Renal calculi.

Immediate treatment of the above mentioned condition can prevent the occurrence of CKD in adulthood.

## PROPER MANAGEMENT OF RENAL CALCULAR DISEASE AND BENIGN PROSTATE HYPERTROPHY:

- Renal calculi and BPH are important urological causes of CKD. > Untreated renal calculi and BPH

can cause damage to the kidneys.

- Medical management of renal calculi has limitations, Examples where medical management has proved beneficial include :
  - high fluid intake for all forms of stone disease.
  - Thiazide diuretics for hypercalciuria.
  - Alopurinol or potassium citrate for hyperuricosuria.
  - Potassium citrate for hypocitraturia.
  - Potassium citrate for uric acid stone formation.
- Medical therapy does not dissolve pre-existing calcium stones, but prevents new stone formation.
- Medical therapy for facilitating stone passage includes usage of alpha blockers, tamsulosine (0.4mg) once a day (for stones 5-10mm) and calcium channel blockers (nifedipine).

#### **EARLY TREATMENT OF ACUTE KIDNEY INJURY:**

- Studies has shown that occurrence of episodes of AKI will predispose for occurrence of CKD in future.
- Important causes for AKI in general clinical practice include
  - Dehydration (high grade fever, gastroenteritis).
  - Sepsis.
  - Medications (NSAIDS, ACE inhibitors, aminoglycosides).

#### **EARLY DIAGNOSIS AND TRATMENT OF POLYCYSTIC KIDNEY DISEASE:**

- Prevalence of PCKD in general population is around 1 in 1000.
- PCKD has no cure.
- Following factors have been helpful in preventing the progression of PCKD to end stage renal disease
  - Focus on aggressive blood pressure control (110/75 mmHg) if tolerated well by patient.
  - Ensure plenty of oral fluid intake (3liters/day).
  - Ensure plenty of oral fluid intake (3liters/day).
  - Proteinuria control.

#### **CAUTIOUS USE OF MEDICINES:**

- Avoid use of NSAIDS for headache and body ache.
- Ensure adequate hydration if NSAIDS use is mandatory.
- It is a wrong belief that all natural medicines (Aurvedic medicines, Chinese herbs, dietary supplements are harmless).

#### **ANNUAL KIDNEY CHECKUP:**

- Kidney diseases are often silent diseases and are not picked up until they reach an advanced stage.
- Annual kidney check up is must for high risk person who suffer from diabetes, hypertension, obesity or have family history of kidney disease.

• • •

# STAYING HEALTHY DURING PREGNANCY

## Dr Parag Biniwale

MD (Ob. Gyn.)

Consultant Ob. Gyn., Biniwale Clinic, Pune

Postgraduate Teacher, Kamala Nehru Hospital

Secretary, Indian College of Obstetricians & Gynaecologists

Care of a woman planning pregnancy starts before conception. Science has shown that this period if looked after well, reduces chances of abnormalities in developing foetus.

### Preconceptional care

Before a couple plans conception, visit to a Gynaecologist is a must. Apart from clinical examination; some preconception investigations should be considered which include Haemogram, ultra sensitive TSH, BSL, Thalassaemia screening. Life style modification is recommended in the form of balanced nutrition and adequate exercise. Advice is given to stop smoking and consuming alcohol. Supplement of folic acid and methylcobalamin should ideally be started two to three months before conception. This helps in preventing neural tube defect. Preconception care can be offered by even family physician.

### When to visit specialist

Most of women report to obstetrician as soon as they miss periods, contrary to what was traditionally followed. Diagnosis of pregnancy is done by clinical examination and urine test where HCG is detected. Sensitive test like Beta HCG are used for confirmation in doubtful cases or ectopic pregnancy.

### Follow up schedule

Pregnant women are asked to come for follow up every month in first and second trimester. After 26 weeks, follow up is done every two weeks and weekly check up is recommended in the ninth month. Clinical examination is carried out at each visit by charting weight, Blood pressure & obstetric examination.

Weight gain of 11-13 kg is expected, however in women with low BMI, weight gain of 15-17 kg is acceptable. Overweight / Obese women are expected to gain not more than 6-8 kg throughout pregnancy.

### Diet during pregnancy

Healthy diet is an important part of a healthy lifestyle at any time, especially during pregnancy.

Overall, pregnant woman should aim for a balanced diet, with an appropriate blend of all the 5 food groups:

1. vegetables and legumes
2. breads and cereals
3. milk, yoghurt and cheese
4. meat, poultry, fish and alternatives
5. Fruits

Foods containing protein help growth of the foetus. Meat, fish, chicken, eggs, milk, cheeses, nuts, beans and legumes are all good sources of protein.

Women should drink 6 to 8 glasses of water every day.

Caffeine in pregnancy may also increase the risk of miscarriage or having a baby with low birth weight. Most evidence on the risk of caffeine use in pregnancy is not conclusive. Most evidence suggests that having less than two standard cups of instant coffee a day is safe.

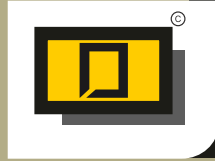
### Dental care

It is important to care for teeth and gums before pregnancy. There is a proven link between periodontal disease in pregnant women and premature birth with low birth weight. Research shows up to 18 out of every 100 premature births may be triggered by periodontal disease. Dental treatment before pregnancy can help to keep teeth and gums healthy and reduce the risk of premature birth

### Investigations during pregnancy

If a woman has not been investigated in the preconception period, she should undergo following investigations:

- Haemogram , CBC
- Urine routine & microscopy
- Blood group & Rh factor, if Rh negative, ICT should be done if Husband is Rh positive
- BSL : 2 hours after consuming 75 gm of glucose . This test was conceptualised by DIPSI (Diabetes In Pregnancy Study group of India). DIPSI recommends screening of women in first trimester , again at 24-28 weeks and if needed at 34 weeks. This test is now promoted by GOI as a test to detect gestational diabetes.
- Ultra sensitive TSH : Thyroid function is assessed in all women , its a useful test for diagnosis of subclinical hypothyroidism.



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- Infection screening tests: HIV, HBsAg, VDRL, HCV
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### **Vaccination in pregnancy**

Traditionally, all pregnant women are offered two doses of Tetanus toxoid injections 4-6 weeks apart. The current recommendation is using TD instead of TT. Second dose of TT is replaced by TDaP which is usually given after 26 weeks of pregnancy. Flu vaccination is to be offered to all pregnant women and can be given at anytime during pregnancy.

### **Medications in pregnancy**

Folic acid supplement should be started two - three months before conception and can be continued through out pregnancy. Addition of Methylcobalamine should be offered to women who are deficient or in high risk pregnancy. Iron and calcium supplements should be offered after completion of first trimester when nausea & vomiting is less.

Routine protein supplement may not be offered to all but women who are consuming less proteins in diet or women who demonstrate poor weight gain or growth restriction may be offered additional protein.

Specific instruction is given to pregnant women that they should inform about pregnancy to any doctor they happen to visit so that safe medications are offered to her in pregnancy.

### **Ultrasound in pregnancy**

Ultrasound is an important tool to detect physical & chromosomal abnormalities in the foetus. It also helps us in detecting and monitoring growth related issues in pregnancy. Colour doppler has its own place in management of high risk pregnancy and can be offered to women with specific indication. The ultrasound along with doppler does have an important role in taking crucial decision of termination of pregnancy in tricky situations.

Ultrasound done early in pregnancy is useful for diagnosis of pregnancy where appearance of cardiac activity is reassuring. Scan done between 12-14 weeks helps in correct dating of pregnancy as well as screening for aneuploidy. Sonography between 18-19 weeks is an important investigation where most of the congenital anomalies are detected. Scans done later are useful in monitoring growth of the foetus.

### **Planning childbirth**

Prenatal education promotes the maintenance of healthy

lifestyles during pregnancy, helping expectant mothers manage stress, support a healthy diet, avoid harmful chemicals and situations, recognise warning signs and symptoms that mean something may be wrong with their pregnancy, and prepare for labor and delivery. It should be offered to all women as it prepares them well to face child birth.

Birth plan is a concept followed in the west and some women are aware about it & want to follow it. It includes following

- Name of Obstetrician & contact details
- choosing hospital: facility for care of mother & newborn , friendly environment
- Delivery: vaginal birth, episiotomy, presence of companion
- Analgesia for labour
- Breast feeding
- Respectful care: respecting woman's choices, respecting her privacy & respectful care during child birth.

In short, with modern antenatal care and intrapartum practices, childbirth can truly be a different experience.

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# KEEP YOUR EYES HEALTHY

If your eyes feel healthy, it's easy to assume they are healthy. But many eye diseases don't have any warning signs — so you could have an eye problem and not know it. The good news is, there's a lot you can do to set yourself up for a lifetime of seeing well!

There's a lot you can do to keep your eyes healthy and protect your vision.

## Tips for Optimal Eye Health

### 1: Healthy Diet Healthy Eyesight

You are what you eat and so is your eyesight. Foods rich in nutrients like vitamin C and E, zinc, lutein and omega-3 fatty acids strengthen your eyes against age-related eye problems like cataracts and macular degeneration. Some great foods for eye health include:

**Vegetables:** Leafy green veggies like spinach, collards and kale

**Fish:** Fatty fish like salmon, tuna, sardines and mackerel

**Fruits:** Citrus fruits like lemons, grapefruits and oranges

**Nonmeat protein sources:** Eggs, nuts and beans

### 2: Quit Smoking

Research suggest that the likelihood of smokers getting affected from debilitating eye conditions like cataracts, macular degeneration and uveitis increases twice to thrice. So, here is to those of you who like their eyesight more than a cigarette.

### 3: Shades are Helpful

A right pair of shades can help you stay away from cataracts, macular degeneration and pinguecula by blocking out sun's harmful UV (ultraviolet) rays. A good pair of UV protection sunglasses can block 99 – 100% of harmful UV rays.

### 4: Don't Underestimate the Power of Protective Eyewear

Safety glasses are highly recommended if you are exposed to some sort of hazardous airborne materials at job or even at home. Not only that, resort to protective glasses if you are into sports like ice hockey, lacrosse or squash/racquetball.

### 5: Avoid Excessive Exposure to Computer Screens

In addition to causing neck, back and shoulder pain, staring too long at a computer/phone screen can affect your eye health severely. Some of the eye problems you can get from excessive exposure to computer/phone screens include:

- Eyestrain
- Dry eyes
- Blurry vision
- Long distance focus issues

#### Some protective measures include:

- Updating your glasses or contacts prescription for screen exposure
- Seeking proper medical care in case of prolonged eyestrain and considering computer glasses for computer use
- Choosing a comfortable supportive chair and positioning it where your feet lie flat on the floor
- Blinking more if your eyes dry up
- Following 20-20-20 rule where you rest your eyes every 20 minutes by looking 20 feet away for 20 seconds continuously
- Taking 15-minute breaks every 2 hours and getting up from your chair is also recommended

### 6: Incorporate Blinking Breaks

Don't only blame computers and phone screens for eyestrain. Books and written documents can also cause eyestrain when looked upon for extended periods. So, make sure to get your head up, look away from the docs and just blink your eyes for a few seconds to relieve the strain.

### 7: Consult Ophthalmologist Regularly

Never undermine the significance of a regular eye exam. Spotting eye diseases like glaucoma is quite challenging. Experts recommend having a comprehensive eye exam at least once every two years. Some of the essential components of a comprehensive eye exam might include:

- Vision tests to determine far sightedness/near

sightedness, presbyopia (changes in vision due to aging process), astigmatism (blurred vision caused by a curved cornea)

- Tests to determine coordination between both eyes
- Optic nerve and eye pressure tests to spot glaucoma
- Microscopic and external eye examination before and after dilation

Timing is of undeniable significance when it comes to treating most serious eye conditions like AMD and glaucoma. The sooner they get diagnosed, the higher is the probability of treating them successfully. So, start consulting your eye doctor regularly before it's too late.

### **8: Be Vigilant about Eye Problems – Look for Signs**

Periodically visiting your eye doctor is a great routine to follow, but don't rely solely on that; it's your eye health on stake. Be vigilant about your eyesight and keep looking for any changes in your vision. Some red flags to look for include:

- Hazy vision
- Double vision
- Problem seeing in low light conditions
- Red eyes for prolonged time periods
- Constant eye pain and swelling
- Floaters
- Frequent flashes of light

If any of these signs and symptoms prevail, consult ophthalmologist immediately for detailed investigation into the matter.

### **9: Consider Your Family Health History**

Many eye diseases cluster in families. For instance, a family history of high blood pressure or diabetes means increased risk of suffering from an eye disease. So, take your family's eye diseases' history seriously and discuss it with your eye doctor in order to avoid becoming another unsuspecting victim.

### **10: Fresh Air**

The benefits of fresh air shall not be confined to lungs and heart. Fresh air directly supplies oxygen to the corneas in your eyes, because they lack their own oxygen supply mechanism. So, make sure to let your eyes soak in as much of fresh air as possible.

### **11: Avoid Rubbing Your Eyes**

Oddly enough, a huge majority of people seem to be

nurturing the habit of rubbing their eyes every other minute. For many of them, eye-rubbing turns into an irritating habit, which is quite damaging for eye health. You need to realize that most of the times your hands are covered with a host of germs responsible for different types of diseases and infections. So, it's better if you get rid of this unhealthy habit, but if you can't, make sure to keep your hands as clean as possible. You can use anything from soaps to sanitizers, just keep them clean if you can't stop rubbing them over your eyes.

### **12: Stick to Quality Products If Eye Makeup is Your Thing**

Harmful bacteria can thrive in a lot of unlikely places, including the mascara you wear and the tips of liner pencils you use to beautify your eyes with. Don't stick with the same mascara tube for more than 3 months and don't forget to sharpen the tips of your favourite liner pencils. Always prefer quality brands when buying eye makeup to sustain and enjoy healthy eyes as long as possible.

### **13: Be Careful About Your Contacts**

A study conducted by the University of Texas Southwestern Medical Centre, Dallas revealed that about 85% users of contact lenses wrongly believe that they are careful enough with their contacts. Only 2% of them actually fulfilled the requisites. So, follow the prescription guidelines thoroughly when handling your contacts.

### **14: Stay Hydrated**

Dehydration can lead to dry eyes. Human body relies heavily on water to function smoothly. If you are not conscious about fluid level in your body, tear production in your eyes is also affected amongst a myriad of other complications, which results in dry eyes. Simply, stay hydrated to keep your eyes out of trouble.

### **15: Sleep Well**

Your eyes can also get into trouble if you are in a habit of skipping sleep regularly. Adequate sleep ensures that your eyes are well rested and strain free.

### **16: Sharing Your Towel is Not a Good Idea**

Being generous is one thing and sharing your towel is a totally different one. It's more like choosing between the two, because sharing face towels and washers means getting your eyes vulnerable to contagious eye infections like conjunctivitis.

### **Find out if you're at risk for eye diseases**

Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- Are overweight or obese
- Have a family history of eye disease

### **Get a comprehensive dilated eye exam**

Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health! Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs.

A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat. Get a dilated eye exam every 1 to 2 years if you:

- Are over age 60
- Are African American and over age 40
- Have a family history of glaucoma

Most people with diabetes or high blood pressure need to get a dilated eye exam at least once a year.

Many vision problems occur naturally with age and with no obvious signs or symptoms. An important way to help prevent eye health issues from progressing is by scheduling an annual exam with your ophthalmologist. 80 percent of all visual impairment is treatable. Early detection of eye and vision problems can help prevent vision loss.

(Reference : National Eye Institute, Iris Vision)

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# OVERPOWERING ASTHMA WITH YOGA

**Prasanna. E. Lapalika**

Yoga Trainer

Asthma is a common and distressing condition which is characterized by recurrent attacks of spasm of the tubes of lungs, resulting in wheezing, coughing and a sense of suffocation. Attacks of asthma may last for only a few minutes, or may continue for hours or even days, leaving the sufferer in a stage of physical, mental & emotional exhaustion. There could be an acute attack or chronic one. People suffering from asthma can be of any age, children to old age ones. All over the world, there is an increase in the incidences of asthma.

The cause of asthma, symptoms and its treatment is best handled by a medical practitioner as there is a clear cut role of medication, nutrition as well as taking care of psychological aspects.

Though complete cure or drug free recovery is difficult to be achieved, however, from the YOGA perspective, the restoration of depleted or blocked channels can be achieved by combined influence of Yogasana, pranayama/meditation.

The Prana (the life energy that gives life to each and every cell of the body) doesn't flow, and there are blockages in our Nadis (energy channels) and that is causing the disease in the body.

The cause of the disturbed flow of energy is believed to be excessive speed. And with practice of yoga we can control the Prana and the mind, and let the Prana flow in all the blocked channels. Correcting the disturbances at the emotional, physical and vital energy levels brings about the correction of the bodily disturbances through following YOGIC practices.

1. At the physical level yoga Asanas gives us local relaxation and improves tolerance. Following are the recommended asanas.

- Backward bending asanas like-  
Bhujangasana  
Dhanurasana  
Matsyasana  
Gomukhasana.

These Asanas allow to expand the lungs and helps to improve breathing capacity means inhalation.

- Twisting Asanas like Ardhamatsyendrasana helps the chest opening in one side, help the movement of the diaphragm, increase the respiration and help to take out the mucus.
  - Inverted Asanas like Sarvangasana, Vipareet Karni and forward bends makes the abdominal contents on the diaphragm and compresses the chest.
  - Makarasana (lying on stomach or the prone position), are recommended and found to be beneficial.
  - Surya namsakar performed slowly and with breath awareness, practiced 5-7 rounds each morning at sunrise.
2. At the vital energy level, Pranayama gives us a way to control Prana, the expansion of Prana and lungs, and relaxation of the airways and body muscles, and off course relaxation of the mind.
- Deep breathing (deep inspiration and deep expiration): subjects sit in sukhasana and perform deep inspiration and expiration through both nostrils.
  - Sasankasana breathing: subjects sit in vajrasana with their hands back, holding the right wrist with the left arm, with inhalation the person bends backward and with exhalation bends forward touching his/her forehead to the ground.
  - Anuloma viloma: common breathing practice, in which subjects breathe through alternate nostrils while sitting in sukhasana.
  - Bhramari chanting: sitting in sukhasana subjects inhale through both nostrils and while exhaling (Rechak) produce sound of female humming bee.
  - Another useful form is Omkara chanting (modified): commonly used for meditation, but not included in regular breathing exercises, is an important exhalation exercise. Changes to this exercise, keeping in mind the asthmatic expiratory

difficulty with air trapping, were made so as to strengthen expiration. The sadhak has to sit in sukhasana and to inhale deeply and then while exhaling produce Omkara with maximum force and to continue until further exhalation is not possible. During conventional Omkara, Omkara is pronounced as ooooo...mmm, but patients were advised to practice OOOOOOOOO...MMM (high pitch/forceful) with prolonged exhalation.

First three breathing practices were to normalize the breathing, while Bhramari and Omkara are expiratory exercises.

3. YOGA NIDRA a form of Relaxation exercise provides an effective means for defusing an acute attack of asthma, it induces the state of mental relaxation in which yogic self analysis can occur.
4. Shatakarma- In additional to asana and pranayama, Kunjal kriya, Neti Kriya, Laghu Shankha-prakshalana can be practiced.

At the emotional level by controlling our mind throughout meditation, pranayama and Asana we can control our emotions and reducing the stress and calm our airways muscles. Relaxation that a person can get from practicing yoga can reduce the panic during an attack, and then we can control the mind and relax the bronchus.

Yoga can decrease the activities of the nervous system, it has a big effect on the immune system, and it is

increasing the resistance to infection in respiratory passage, and practice of yoga makes a person more calm and the anger or anxiety that was there before practice is reduced and can disappear. When this happens and the body becomes calm, the body returns to normal function. When we practice Asanas and Pranayama we go deep inside and we become aware of what is happening inside our body.

With time and practice of yoga, asthma attacks and allergies will become less frequent and becomes easier to overcome them.

Different institutes have conducted research to evaluate the benefits of Yogic exercises in Asthma. One can find it in reputed texts like 'International Journal of YOGA'. Dr Swami Karmananda, MBBS, in his book-' Yogic Management of Common Diseases has talked about the outcomes of Yoga in managing chronic diseases like asthma, bronchitis and many others.

Important to note is, if one is not a regular yoga practitioner it can be difficult to overcome an asthma attack or allergy with practice of yoga. Hence it should be performed under guidance of an YOGA expert so that there should not be any adverse condition developing out of wrong practice. Also it is wise and necessary to consult a doctor before beginning any type of YOGA practice.

Hope this article influences the sufferers to develop self faith in managing the chronic diseases like asthma.

• • •



# PRESCRIPTION FOR RADIANT SKIN

**Dr. Aparna Powar**

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Consultant Dermatologist

Radiance Skin Clinic, Dombivli East

It is very common for us dermatologist to get casual questions like , " can you suggest something to make my skin glow?" from relatives during family functions or even by patients while leaving after consulting for skin disease. They are very surprised to know that it needs whole prescription for radiant skin and hair after proper consultation with history taking and examination and not just one cream!!

Our skin is the mirror of our inner health. Key to maintain a vibrant skin and hair is a well regulated life style which includes:

- A) Balanced nutritious diet
- B) Physical exercise
- C) Stress management
- D) Active efforts for skin and hair care

**A] Balanced nutritious diet:** Diet plays very important role in our immunity and functioning of body. It also has direct relationship with our skin and hair health.

Balanced nutritious diet should include daily intake of:

- I) **Eggs:** Good source of protein, biotin and minerals such as selenium which are essential for optimal skin and hair health.
- ii) **Fruits:** such as oranges, blueberries, strawberries, guava, kiwi, papaya rich in vitamin c and other antioxidants.
- iii) **Vegetables:** like red and yellow bell pepper, broccoli, sweet potatoes, tomatoes, carrots, spinach, pumpkin that are good source of antioxidants such as beta-carotene, lutein and minerals like selenium, zinc.
- iv) **Fish:** especially fatty fish such as salmon, mackerel, tuna, sardines which are very good source of omega fatty acids. Vegetarian source of omega fatty acids includes walnuts, flaxseeds, chia seeds, flaxseed oil and soyabean oil.
- v) Caloric restriction in the form of avoiding junk food, processed food, cold drinks and juices with added sugar.

Last but not the least, 6 to 8 glasses of water per day which maintains optimal skin hydration.

## **B] Physical Exercise:**

### **Importance**

- I) Physical exercise increases blood circulation. Increased blood flow to the skin carries oxygen and nutrients to functioning cells of skin keeping them vital and also removes waste products including free radicals from skin cells, making them glow.
- ii) Exercise also helps to maintain healthy levels of cortisol which can actually stimulate collagen production to keep your skin firm and supple and delay ageing signs such as wrinkles and sagging due to collagen breakdown.

### **Exercises for skin**

Brisk walking, jogging, running in cool temperatures of early morning or evening, cycling, aerobic exercises, zumba dance, yoga and swimming (don't forget to moisturize your skin after swimming as chlorine in water tends to dry the skin).

## **C] Effective stress management:**

There is intricate relationship between stress and skin conditions.

Stress results into release of hormones cortisol and adrenaline which causes inflammatory response leading to worsening of predisposed skin conditions such as eczema, psoriasis, acne, dryness of skin, early aging signs and also significant hair loss. So stress management is one of the key factor to maintain healthy skin and hair.

Managing stress is a multifaceted effort which should include:

- I) Adequate seven to nine hours of sleep.
- ii) Regular exercise three or four times a week
- iii) Meditation or deep breathing exercises.
- iv) Pursuing our hobby.
- v) Setting reasonable limits.
- vi) Building offline healthy social relationships.

## **D] Active efforts to maintain healthy skin and hair:**

There are certain Do's and Don'ts.

**DO'S:**

1. Use face wash two to three times daily.
2. Use warm water and mild soap or cleansers for bathing.
3. Pat dry after washing face and bathing to retain moisture in skin.
4. Use moisturizer daily after bath and at night if your skin is dry.
5. Use sunscreen daily according to your skin type with minimal SPF (sun protective factor) of 30.
6. Apply sunscreen every day to all skin that is not covered by clothing.
7. Avoid sun exposure between 10 a.m to 4 p.m when UV rays are strongest. If inevitable, use umbrella, scarf, and full sleeves clothes as sun protective measures in addition to sunscreen.
8. Regular skin exfoliation by your dermatologist to keep the skin radiant.
9. Use of anti-ageing creams and serums containing vitamin c and retinoids daily night after the age of 25.
10. Prompt dermatologist consultation in case of any skin issues.

**DON'TS:**

1. Strict no to facial and bleach.
2. Avoid use of home-made face packs.
3. Keep away from commercially available fairness products, skin lightening / whitening products.
4. No tobacco. Smoking results in dry, lusterless skin owing to deprivation of oxygen and nutrients from skin. Nicotine exerts early aging signs due to reduced blood supply.
5. Don't go for crash diets.

**Active efforts for hair:**

For healthy shining hair in addition to balanced diet and effective stress management as stated earlier the active efforts should include:

1. Regular hair wash 2 to 3 times per week with sulphate free shampoo.
2. Use of hair conditioner after hair wash if hair are dry.
3. Use of antidandruff shampoo if needed with your dermatologist opinion.
4. Use of Ammonia free hair dye if required.

5. Avoid frequent chemical process over hair such as smoothening, straightening, ironing or colouring.

**Skin care tips for infants**

- Avoid vigorous message with oils such as sesame or olive oil.
- Use mild soap or cleansers for bathing
- Apply moisturizer after bath
- Keep all folds dry and clean
- Frequent change of diaper every 3 to 4 hours even during sleep at night.
- Use of loose cotton clothes.
- Daily exposure to sunlight for 5 to 10 mins between 8 and 9 a.m

**Skin care tips for adolescents:**

In general face wash and sun screen should be part of daily rituals from 12 years of age.

It is very important to treat pimples as early as possible and not to overlook them as natural signs of adolescence because they are completely treatable leading to boost in self confidence and if left untreated can cause physical and emotional scars.

In case of children participating in out-door sports can start using sunscreen as early as 6 years of age.

So having healthy skin and hair is a continuous process which needs active efforts to maintain it and a prescription from your dermatologist which varies from person to person!

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## DOC IN THE DOCK: POINTS TO PONDER

From the blog written by **Dr Harish Shetty**,

Psychiatrist

Dr. L. H. Hiranandani, Hospital, Powai

India is on the threshold of a great tomorrow and the young Indians are its architects. Yet the pace of life and the rapid sociological shifts in the country has its own consequences. The President of India recently spoke of looming mental health epidemic here as we are becoming the 'suicidal capital' of the world. The medical profession is no exception and is facing the onslaughts and the adverse effects of globalization. Wear and tear of the mind and body due to running from one Operation Theater to the other, from one OPD to the other is a cause of concern. Following are some probable 'narratives' that the medical profession can ponder upon and launch correctives, apply brakes or modify their lifestyles.

### **Philosophy of life**

The philosophy of life is an important variable in defining health and well-being. A young doctor recently was looking for attachments in various hospitals and was distraught because he was finding it difficult to penetrate the iron walls of these bastions. He was frustrated. When I asked him to apply in various cities and not only in Mumbai he felt slighted. Reluctantly he shared his resumes around and managed to get a good attachment in a second tier city. Today he is happy as he is inundated with work. Though he initially felt wronged by the city of his birth, he is contented with this new town that has thrown up a great opportunity for him. The 'joy index' is very high among those who believe in a 'sincere work ethic', in 'touch with the times' and 'compassionate' towards themselves. The confusion and self doubts here is less.

A female cardiologist dropped in and asked me whether she should share a part of her 'wallet' with those who support her in her practice. I simply said that it is her own choice. Those who solicit patients to build a robust waiting room in their clinics at the earliest lose respect for themselves. So if the philosophy of work and life is clear and the concepts gel with the mind, body and soul the 'peace' experienced is better.

### **Micro-breaks & Micro-Pranayama**

A long day needs to be invigorated periodically. A heavy OPD or an OT can be a Doctor's Waterloo if not negotiated well. I strongly recommend micro-breaks between surgeries and patients. A call to a colleague, after say a

few patients, sharing one's feelings of the day or indulging in a humorous exchange keeps the hypothalamo-pituitary-axis intact. Some benefit with a short bout of slow breathing or '*sama vritti Pranayama*' [equal inspiration and expiration with slow belly breathing]. Any form of meditation helps albeit for a short time. A walk around the hospital after five patients can be refreshing. Those who listen to stories of pain and joy in their clinics are better off than those who only listen to signs and symptoms. The monotony of being cooped up in a chilling air-conditioned OPD can be broken by a brief sun walk for a few moments. After a long day there needs to be a small break of 10 minutes to cut the cycle of 'pain and therapy' to feel connected with the family after one reaches home. Well those who live in their cars as they trudge through multiple hospitals, having their meals inside the vehicle are worse off. A desire for a million attachments is the symptom of an anxious insecure mind though super-specialists may have to spread themselves thin and spread their dragnet a shade wider than others.

### **Building Emotional Wealth & Emotional Equity**

Emotional wealth is a rapidly depleting reserve in a fast paced world. Emotional energy banks need to be replenished regularly as much as the banks that store our savings for the future. A spouse of a very famous doctor complained that her doctor spouse spoke in monosyllables with him at home. The words expressed in the clinic with so much enthusiasm colored with emotional energy needs to be the same at home. Doctors who take either their family or their patients for granted slowly slide down in their health especially emotionally. Many walk like well dressed robots in swanky cars but lose their 'equanimity' that is so important. This can happen very early in life if proper care is not taken. The best methods to fuel the emotional energy bank is to focus on the triad of sleep, diet and exercise. Emotional equity is also vital. Those who are equitable to the 'free ward patients' as much as the 'general ward' or the 'deluxe room' patients remain healthier than the rest. As the doctor smiles and shows compassion to the patient s/he gets healed and as the patient smiles back inspite of pain or suffering the doctor gets healed himself. Healing is always a two-way process. There are so many examples in my mind of relatives coming back after the death of their loved ones and

sharing that they were fortunate to have great doctors who tried their best but failed.

### **Managing Crisis**

This is an era where the disgruntled patient population has been violently aggressive against doctors. The angst of a globalized world is being thrown on the easy targets and the medical professionals are vulnerable whipping boys. It is so important to build horizontal partnerships and support groups among the professionals irrespective of seniority. Dwelling in a lonely island and living in a self created delusion of glory will hurt the doctor. Understanding the compulsions in our work and being available around to those who have been targeted is so important. Passing disparaging critical comments on fellow professionals is the sure shot method to dig one's own grave. We all can err and the fact that *providence* can snatch any patient from our safe hands inspite of the best efforts needs to be realized and accepted. Working as teams improves wellness.

### **Work life balance**

Work life balance is a myth. We have to rush to assist emergencies at odd hours. Doctors have missed funerals of their loved ones also, during crisis. There will be always imbalance but finding balance in the midst of imbalances is the key. Recently a doctor shared a dilemma. He had planned a holiday with his family and he simultaneously got an urgent call to be a speaker in an international conference. He could not shift his holiday. I asked him a simple question whether such dilemmas have presented to him in the past and he said yes. What did he do, then I asked him and he answered that he would compromise his holiday and go to give a talk. Well those who are brutally committed to their holidays not as a 'peace broking activity' with their families live better lives. The conference will find other speakers but your family can not find a substitute father or mother or a husband or a wife. In life the choice is that you can't please or satisfy everyone. We have to choose whom we need to displease.

### **Peace is the key**

Joy is a by-product of peace. There is a difference between joy and pleasure. Joy is something one cannot chase or cannot avoid. Remember the days when patients suddenly praise you for what you have done for him/her that you do not remember. One of my great teachers **Dr NS Vahia** once shared with me that the 'Hospital is our temple and patients are our Gods. From them we learn and from them we earn.' In this jet-set age one needs to push the 'pause button' in life. Those who practice meditation of any type

have a better emotional quotient. Such practices need not be ritualistic but should pervade all aspects of life. Many boast that they do yoga regularly but yet are very rude and harsh in their lives. These guys forget that the *asanas* are not the arrows of **Ram** that destroys the arrows of **Ravana**. *Yog, Vipassana* or others actually increases our *Karuna* and makes us more effective if it penetrates every cell in our body. Dance, singing, sports are also forms of meditation. Aligning our body clock with the biological clock is a key to wellness. Calming our autonomic nervous system periodically and harmonizing our breath with the orchestra of our body will help experience peace and harmony around others.

*Medical practice is not a 20/20 cricket match and neither a marathon. It is like a walk on the banks of the Ganges or the Mississippi savoring the flow and the flood, the sunshine and the moon light and the torrential rains or the storms. We may bask in the sunshine and get soaked in the water but the joy of the walk remains so beautiful and yet so fulfilling. To me if I am born again I will still be a doctor as no profession in my mind can ever be as fulfilling as ours.*

• • •



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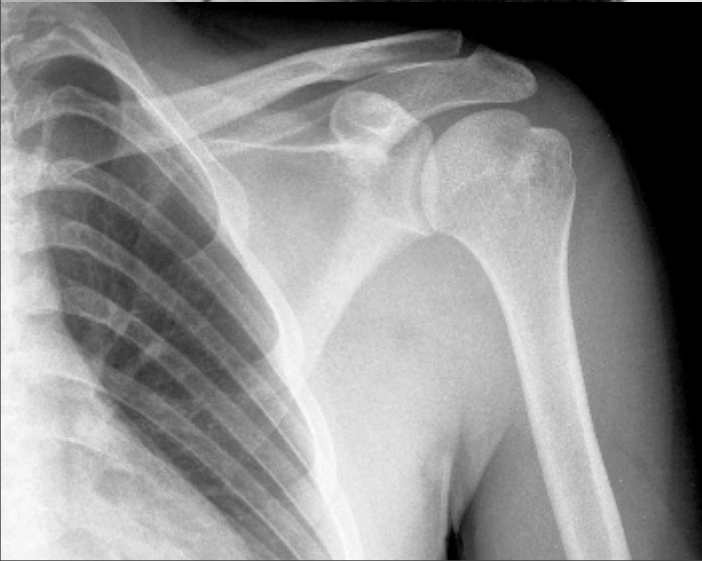
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# SING YOUR WAY TO GOOD HEALTH

Compiled by **Dr Meena Pruthi**

Consultant Physician

Lifeline Hospital & Diagnostic Care, Dombivli (W)

## **Singing Together Brings Heartbeats Into Harmony**

*The neuroscience of singing shows that when we sing our neurotransmitters connect in new and different ways. It fires up the right temporal lobe of our brain, releasing endorphins that make us smarter, healthier, happier and more creative. When we sing with other people this effect is amplified.*

The science is in. Singing is really, really good for you and the most recent research suggests that group singing is the most exhilarating and transformative of all.

The good feelings we get from singing in a group are a kind of evolutionary reward for coming together cooperatively.

The research suggests that creating music together evolved as a tool of social living. Groups and tribes sang and danced together to build loyalty, transmit vital information and ward off enemies.

*Singing in a group has been a part of tribal traditions for thousands of years.*

## **Science Supports Singing**

What has not been understood until recently is that singing in groups triggers the communal release of serotonin and oxytocin, the bonding hormone, and even synchronises our heart beats.

Group singing literally incentivised community over an “each cave dweller for themselves” approach. Those who sang together were strongly bonded and survived.

In her book *Imperfect Harmony: Finding Happiness Singing with Others*, Stacy Horn calls singing:

*An infusion of the perfect tranquiliser – the kind that both soothes your nerves and elevates your spirit.*

## **Singing Makes You Happy**

For a decade, science has been hard at work trying to explain why singing has such a calming yet energising effect on people. Numerous studies demonstrate that singing releases endorphins and oxytocin – which in turn relieves anxiety and stress and which are linked to feelings of trust and bonding.



*Group singing not only brings happiness but deeply connects people.*



Singing helps people with depression and reduces feelings of loneliness, leaving people feeling relaxed, happy and connected. What's more, the benefits of singing regularly are cumulative. People who sing have reduced levels of cortisol, indicating lower stress.

UK singer, singing teacher and choir leader Sophia Efthimiou describes singing as a process of consciously controlling our breath and larynx to create and sustain certain pitches and we blend that with rhythm and poetry to create songs.

In a group setting, each group member feels the musical vibrations moving through their body simultaneously. Our heart beats become synchronised. Sophia explains:

*We literally form one unified heart beat.*

*Singing together synchronises heartbeats so that they beat as one.*

### **Anybody Can Sing**

One of the great things about singing is that you can receive the wellbeing benefits even if you aren't any good. One study showed that:

*Group singing can produce satisfying and therapeutic sensations even when the sound produced by the vocal instrument is of mediocre quality.*

*One of the great things about singing is that it connects you to the right side of your brain. This is the side responsible for intuition, imagination and all our creative functions. It connects us to a world of possibilities. In modern life we are constantly bombarded with so much information that we process and analyse. We tend to get stuck in the left, processing side of our brain. So it becomes fundamentally important to nurture the attributes of human beings that set us apart from machines. The best way to do that is singing.*

*If you have a voice then nothing can stop you from singing your heart out.*

### **Sing Anywhere, Anytime**

These benefits are free and accessible to all. We all have a voice. We can all sing, even if we don't think we can.

There was a time when we all used to sing. We sang at church, around camp fires, at school. While group singing is experiencing a resurgence, not so many of us sing anymore. At some stage, someone told us to be quiet or judged our imperfect singing voice. Sophia Efthimiou suggests that singing is very personal, an expression of sound coming from within us, so we cannot help but take this criticism very personally and it sticks.

Yet, people who claim they cannot sing because they are tone deaf are more likely to be very unfamiliar with finding and using their singing voice.

Tone deafness is comparatively rare and means that you would be unable to recognise a song. If you can recognise a song you are not tone deaf, you are just unpractised. Sophia clarifies:

*When our voice makes the wrong note we can feel terrible as though it is a reflection of our self worth. But – if you can talk, you can sing.*



*Everybody can sing so let the songs flow out wherever you are.*

### **Raise Your Voice**

US opera singer Katie Kat wishes to encourage all of us to sing far more often regardless of our perceived skill.

*Singing increases self-awareness, self-confidence and our ability to communicate with others. It decreases stress, comforts us and helps us to forge our identity and influence our world.*

When you sing, musical vibration moves through you, altering your physical and emotional state. Singing is as old as the hills. It is innate, ancient and within all of us. It really is one of the most uplifting therapeutic things

we can do. Katie continues:

*However, society has skewed views on the value of singing. Singing has become something reserved for elite talent or highly produced stars with producers, management, concert dates – leaving the rest of us with destructive criticism of our own voices.*

She claims that singing is instinctual and necessary to our existence. You do not have to be an amazing singer to benefit from the basic biological benefits and with practice the benefits increase.

### **Singing Creates Connection**

I have fond memories of hearing my grandmother singing throughout the day and of large group singing sessions with her friends.

One of my favourite memories of group singing is the old Scots tradition on New Year's Eve of singing Auld Lang Syne. My grandmother and all her friends would stand in a big circle just before midnight.

Everyone would hold hands, and then at the beginning of the final verse we would cross our arms across our bodies so that our left hand was holding the hand of the person on our right, and the right

hand holds that of the person on the left. When the song ended, everyone would rush to the middle, still holding hands. It was beautiful fun and as a young girl I felt so safe, included and loved within that singing circle.

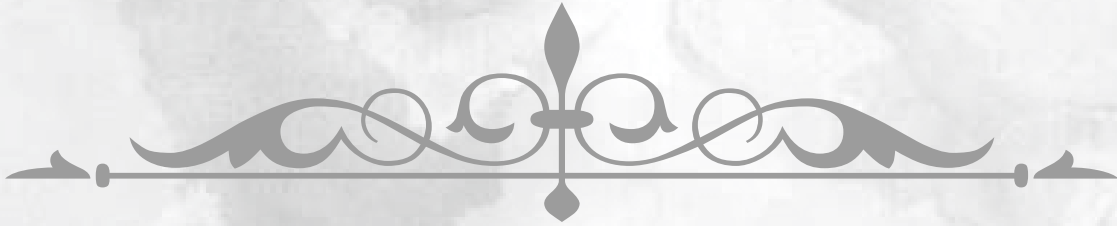
The phrase “auld lang syne” roughly translates as “for old times’ sake”, and the song is all about preserving old friendships and looking back over the events of the year.

A tradition worth resurrecting, considering the benefits of singing in a group

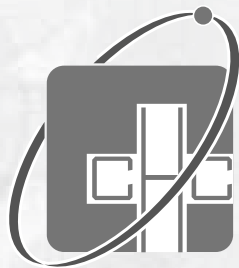
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Singing in a group brings joy to people of every age.



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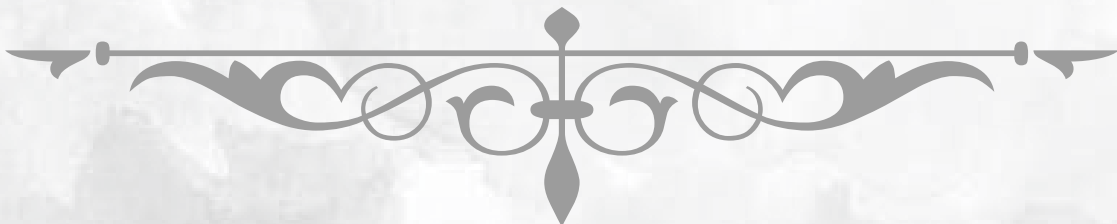


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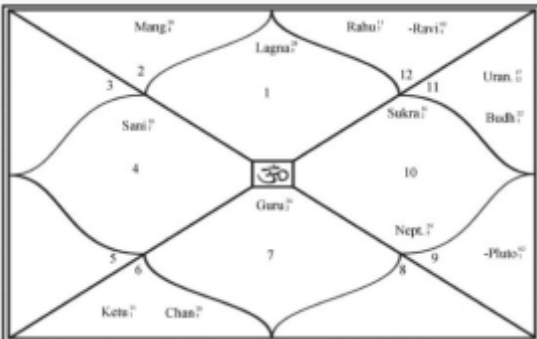
# विलास गणपतराव राजे

ज्यातिष प्रज्ञा, भूषण, पंडीत

महाराष्ट्र ज्योतिष परिषद मंडळाने घेतलेल्या ज्योतिष शास्त्र  
परीक्षेत २०१७ साली ज्येष्ठ नागरिकांत प्रथम क्रमांक

भेटण्याची वेळ

सकाळी 10.00 ते 12.00 / सायं. 4.00 ते 7.00



पत्ता : ए/301, रिद्धी सिद्धी कॉम्प्लेक्स सोसायटी,  
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# IT'S NEVER TOO LATE TO START EATING HEALTHY

**Malvika M.Nimkar**  
(Dietitian)

## Healthy living

Healthy lifestyle is one which helps to keep and improve an individual's health & well-being.

Factors contributing towards a healthy life are

- Getting regular and adequate amount of sleep
- Eating regular Well-Balanced Meals
- Engaging in regular Physical Activity
- Maintaining a Healthy Body Weight
- Avoid Tobacco Products, Including Smoking and chewing tobacco
- Avoiding Alcohol consumption

## Balanced diet

A balanced diet is one that fulfills all of a person's nutritional needs.

It includes six main nutrients, i.e. Fats, Protein, Carbohydrates, Fibre, Vitamins, and Minerals. Balanced Diet leads to:-

- a good physical and mental health.
- helps in proper growth of the body.
- increases the capacity to work
- increases the ability to fight or resist diseases

## Nutritional requirements for different age groups

Our nutritional needs change with different life stages. To be fit and healthy, it is important to take into account the extra demands placed on your body by these changes.

### Infants (zero to 1 year)

A baby is about to go through an amazing growth spurt. In their first year, babies triple their birth weight. To grow that much, they need a lot of nutrients -- more than at any other time in their life.

Food provides the energy and nutrients that babies need to be healthy. For a baby, breast milk is best. It has all the necessary nutrients required for the baby's growth during the first 6 months.

- Breastmilk or correctly prepared infant formula provides enough water for a healthy baby to replace any water losses. However, all babies need extra water

once solid foods are introduced.

- Solids should be introduced around six months of age to meet your baby's increasing nutritional and developmental needs. However, breastfeeding should continue until twelve months of age and beyond.
- Do not add salt, sugar or honey to your baby's food. It is unnecessary.
- Avoid cow's milk as a drink in the first 12 months. Small amounts can be used in cereals and custards. All milk used should be pasteurised.
- Whole fruit is preferable to fruit juice. Avoid juices and sugar sweetened drinks.
- Avoid whole nuts, seeds or similar hard foods to reduce the risk of choking.
- Introduce foods one at a time. Offer new foods once every three to four days to avoid confusion and to rule out food allergy and sensitivity.
- Feed babies during any illness and increase feed or introduce new food only after illness. Give ample liquids if your baby has diarrhoea.
- Occasional exposure of the skin to sunlight is usually enough to provide a baby's vitamin D requirements, but this does vary from season to season and with skin colour.

Some of the nutrients babies need to grow and stay healthy include:

1. Calcium- Helps build strong bones and teeth.
2. Fat- Creates energy, helps the brain develop, keeps skin and hair healthy, and protects against infections.
3. Folate- Helps cells division
4. Iron- Builds blood cells, and helps in brain development.
5. Protein and carbohydrates- They provide energy and fuel for growth.

### Childhood (1 year -10years old)

Once a child is eating solids, offer a wide range of foods to ensure adequate nutrition. Young children are often picky with food, but should be encouraged to eat a wide variety of foods. Trying again with new foods may be needed for a

child to accept that food.

Children's food needs vary widely, depending on their growth and level of physical activity.

Ideally, children should be accumulating stores of nutrients in preparation for the rapid growth spurt experienced during adolescence. Appropriate weight gain and development will indicate whether food intake is appropriate.

Food-related problems for young children include overweight, obesity, tooth decay and food sensitivities.

#### **Dietary Recommendations :**

- If a child is gaining inappropriate weight for growth, limit energy-dense, nutrient-poor snack foods. Increase your child's physical activity. You could also limit the amount of television watching.
- Tooth decay can be prevented with regular brushing and visits to the dentist. Avoid sugary foods and drinks, especially if sticky or acidic.
- Ensure your child has enough fluids, especially water. Fruit juices should be limited and soft drinks avoided.
- Be aware of foods that may cause allergic reactions, including peanuts, shellfish and cow's milk. Be particularly careful if there is a family history of food allergy.

#### **Adolescence (10years -20 years)**

The growth spurt as children move into adolescence needs plenty of energy and nutrients. For girls, this generally occurs around 10 to 11 years of age. For boys, it occurs later, at around 12 to 13 years.

#### **Dietary Recommendations:**

- The extra energy required for growth and physical activity needs to be obtained from foods that also provide nutrients, instead of just 'empty calories'.
- Takeaway and fast foods need to be balanced with nutrient-dense foods such as wholegrain breads and cereals, fruits, legumes, nuts, vegetables, fish and lean meats.
- Milk, curd, buttermilk, paneer, leafy vegetables should be included to boost calcium intake .
- Adolescent girls should be particularly encouraged to consume milk and milk products.

#### **Young adults to older adults (25 years-50 years)**

Adulthood, the period in the human lifespan in which full physical and intellectual maturity have been attained.

Physically, early and middle adulthood are marked by

slow, gradual declines in body functioning, which accelerate as old age is reached.

Travelling, starting work, the changing lifestyle that accompanies can cause dietary changes that are not always beneficial for good health.

#### **Dietary Recommendations:**

- Make a deliberate effort to keep physically active.
- Limit alcohol intake and avoid smoking.
- Reduce the amount of fats and salt in the daily diet.
- Be careful to include vegetables, fruits, lean meat, daals, sprouts, milk ( low fat )

#### **Old age (50 and above)**

Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle.

Many people eat less as they get older, this can make it harder to make sure your diet has enough variety to include all the nutrition you need.

#### **Dietary Recommendations:**

- Be as active as possible to encourage your appetite and maintain muscle mass.
- Remain healthy with well-balanced eating and regular exercise.
- Eat foods that are nutrient dense rather than energy dense, including eggs, lean meats, fish, eggs, low-fat dairy foods, nuts and seeds, legumes, fruit and vegetables, wholegrains cereals, millets.
- If possible, try to spend some time outside the house each day to boost your vitamin D synthesis for healthy bones.
- Limit foods that are high in energy and low in nutrients such as cakes, sweet biscuits and soft drinks, fried foods
- Choose foods that are naturally high in fibre like vegetables and fruits to encourage bowel health.
- Limit the use of table salt, especially during cooking.
- Choose from a wide variety of foods and drink adequate fluids.

The human body has been designed to resist an infinite number of changes and attacks by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.

Take care of your body, it's the only place you have to live!

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# BE WISE – BELLY WISE

## Abdominal Girth Reduction

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Many a times qualified persons occupying responsible positions in politics, medicine, civil services, cinema & alike, neglect their health with disastrous consequences. This loss is too great to describe in words. Scientific evidence shows beyond doubt that Heart attack /

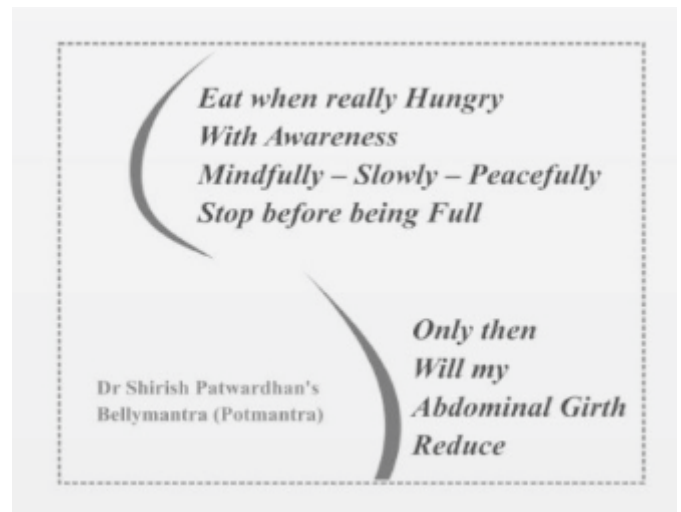
cancer / BP / Diabetes start with the person being overweight or obese. **Excess fat** in the body acts as a dumping ground. All the pollution related waste is dumped here. Hence incidence of cancer is more in overweight & obese. **Excess fat** competes for oxygen, required by brain. This matters when we cross 70 years of age. Observe public figures &/or your relatives above 80 & are mentally sharp. They all are lean. So friends, BMI of 20 or 21 is what we should aim for. **Excess fat** plays havoc with the Endocrine System which is akin to President or CEO of an organization / company.

**Why has solution eluded us?** If the direction/design is wrong, then there is no hope of reaching the destination. This is exactly the case with abdominal girth reduction / weight loss. The right direction is giving 95% importance to how we eat & 5% to what we eat. Other design faults are not taking in to account organ strength, not combining science & spirituality and failing to appreciate that it is quest for life & not a one off event. Separation of physical activity & daily routine is another major design fault. So also is the focus on locomotor system in the exercise schedule with emphasis on speed. Abdominal Girth Reduction does not figure in major preventive programs because medicos & decisions makers are overweight.

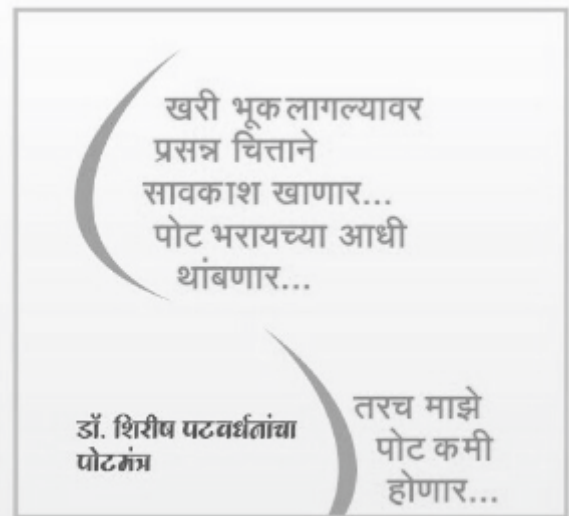
The concept of abdominal girth reduction is a unique blend of Science & Spirituality! To make it sustainable life long, understand the principle and develop your own technique. It is the thinking-software that has to change through silence and reflection. The concept has been tried & tested across the country since 2012. It has been experienced by doctors & non doctors with good results.

**Food Habits:** Focus on sourcing, storage, preparation & consumption require equal attention. The key words are –

### Eat When Really Hungry



### Love Your Heart - Reduce Abdominal Girth



### Reduce Abdominal Girth

खरी भूक लागल्यावर

Am I really hungry or eating because of social / family / business reasons? Learn to say no with a smile – politely, gently, firmly & gracefully. Let others continue!

## प्रसन्न चित्ताने सावकाश खाणार

Mindful eating

Enjoy / relish each & every morsel of what you eat

Physiological bariatric surgery

## पोट भरावयाच्या आधी थांबणार ! पूर्णविराम !

Signals of being full or when 80% full

How to recognize 80% fullness

## हवे ते (काही वगळता)

**Eat whatever you want**

**Cooked food** twice a day (meals). Nothing new here! This is what we are all doing. So nothing is out of bounds. Only the time is restricted. Misal, poha, dosa, idli goes to the meal time category since it is cooked. Sweets too go the cooked ./ meal time category.

**In between** (two meals) – for non diabetics – buttermilk – tea without sugar – coconut water – tomato – hot water

**In between** (two meals) – for diabetics - Sprouts / Raw green leafy vegetables / fruits. What it effectively means is eat anything uncooked between meals.

(applicable for adults over 18 years of age)

**Oil audit** – 20 ml per day per person is the daily dose of oil for the whole day save for children (up to 18 years), pregnant & lactating women. 40 ml per day per person is the daily dose of oil for the whole day for children (up to 18 years), pregnant & lactating women. Choose your oil depending on ration of omega 3 to omega 6 fatty acids. Ration of 1:2 is ideal & should not exceed 1:5. Check on the boiling point of the oil. Never reuse heated oil again.

**Exercise:** Traditionally exercise has always been associated with motion & movement. *Citius, Altius, Fortius*, which is Latin for Faster, Higher, Stronger is the motto of Olympics. We perceive it as the ultimate truth. It was indeed difficult for me to digest that this is not correct. It hurt my misplaced pride that I was wrong for 25 years of my life. I take solace in the fact that it is better late than never! What we are looking at is Physiological fitness. Yogasanas achieve their goal by strengthening the internal organs rather than the apparatus of locomotion. Yogasanas together with Pranayam, Omkar, Brahmari & the like, bring about awareness of the body by uniting the body & the mind. Modern research confirms this fact. Yogasanas have a major role to play in Abdominal Girth Reduction by stimulating endocrine & lymphatic system. YOGA is

Your Obesity Goes Away through soft ware change. Yoga has the ability to change personality & attitude of a person for the better. One has to experience this unique feature of yoga.

This is different & better than conventional wisdom of calorie burning. However do not give up your daily dose of walk / jog / Gym. Add Yogasanas to these activities. Remember that right dose of Yogasanas leave you refreshed & energetic. Quest for perfecting Abdominal Girth Reduction workshops has given me a new insight to the way our body functions. This benefit is now for all to experience, benefit & share.

**After following the guidelines:**

Within 4-6 weeks: Feel lighter, better and energetic.

Within 6 months: Someone will remark that you look unwell. It is still customary to think of chubby cheeks as a mark of good health.

In 12 months: The abdominal girth reduces by 5-12 cm.

All this happens gently, smoothly & without disturbing your prime vocation/profession. I call it 'the butterfly effect.' Rest assured it is sustainable forever!

**Nischay: Smart & Safe Abdominal Girth First**

Criteria for Smart Abdominal Girth

Abdominal Girth (Waist Circumference) Cut-offs for Asian Indians:

a. Action level 1: Men: 78 cm (31 inches), women: 72 cm (28 inches)

*Maintain these levels.*

b. Action level 2: Men: 90 cm (35 inches), women: 80 cm (32 inches)

Seek medical help so that obesity-related risk factors could be investigated and managed.

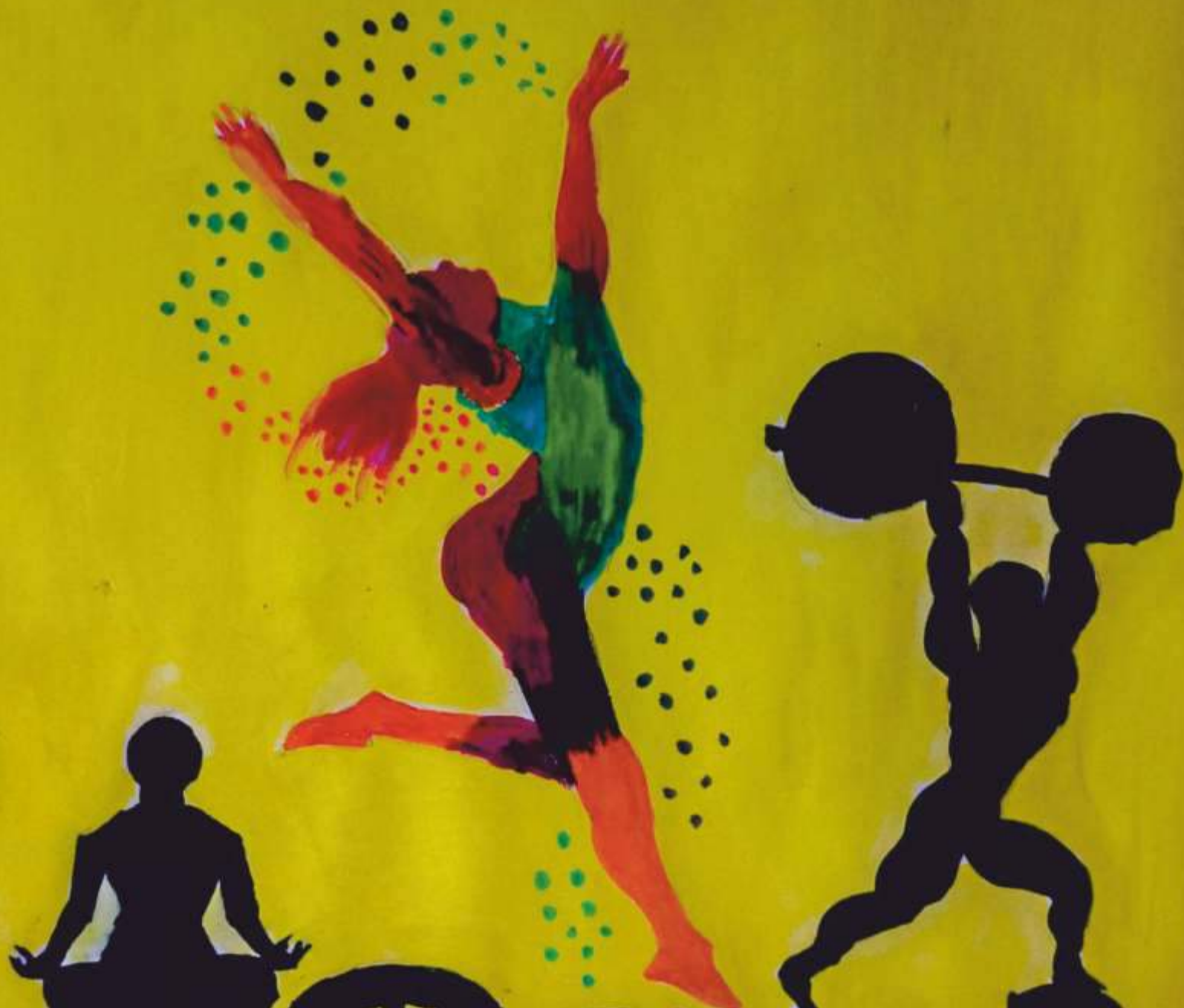
**Abdominal girth above 100 cm-39 inches alone is considered as warning signal (WHO).**

Being 'jyada healthy' / overweight / having a paunch, by itself is not a disease. However, since all diseases begin with a person having a paunch, Abdominal Girth is an ideal screening tool.

Out of range Abdominal Girth serves as a red flag. Abdominal Girth measurement & monitoring requires no medical personnel & is non-invasive. Minimum equipment is required.

It would be a good idea to add Smart Hb to this message. A Hb level of 12 g plus should be the aim.

...



**DOCTOR**

*Amelia*

# SUN SALUTATION / SURYA NAMASKAR

**Prasanna. E. Lapalika**  
Yoga Trainer

Quite often, the Physicians come across questions from unhealthy individuals asking -Which exercise to do, whether go to GYM or Walk or practice YOGA?. Due to busy life style, one may actually not be able to spent time to do all or may be the resources are not appropriate. But yes, there is still a solution to achieve the fitness objective. Instead of giving up by not doing any exercise, we can recommend and ask such individuals to give a try!

SURYA NAMASKAR is the most familiar, widely accepted and time tested one. Let us understand more about this ancient, Indian originated form of exercise.

SURYA NAMASKAR means Sun Salutation. A popular sequence of yogasanas done with breath awareness. It is a complete sadhana or yoga practice in itself which includes set of asanas, mantra, done with breathing sequence. It is also called as 'Sarvanga Sundara Vyayam' which means 'All Round Exercise'.

There's some disagreement among authorities over the origins of Sun Salutation. Traditionalists contend that the sequence is at least 2,500 years old (perhaps even several hundred years older), that it originated during Vedic times as a ritual prostration to the dawn, replete with mantras, offerings of flowers and rice, and libations of water. Skeptics of this dating maintain that

Sun Salutation was invented by Pant-pratinidhi, the raja of Aundh, a former state in India, now part of Maharashtra state, in the early 20th century, then disseminated to the West in the 1920s or 1930s. For the time being let us talk about the aundhkar way of practicing SURYANAMASKAR in 10 steps.

Suryanamaskar is considered to be significant all round exercise because of 3 aspects-

1. It consists 6 sets of asanas( The names of asanas may differ in various texts but the poses do not differ)
  - Janubhalasan (Pose No 2 & 9)
  - Ardhabhujangasana (Pose No 3 & 8)
  - Hastapadasan (Pose No 4)
  - Ashtangaasan (Pose No 5)
  - Bhujangasan (Pose No 6)
  - Parvatasan (Pose No 7)
2. It is done with involvement of breathing system (Pranayama)
  - Inhale (Purak),
  - Exhale (Rechak) and
  - Hold (Kumbhak).
3. Prayer to God with Beeja mantras (1.Om Mitrayaa Namah.....)

Each position, performed step wise, results in giving our body the benefits to specific region.



In standing position join the palms together, thumbs at 90 degree angle from the fingers, pressed against the sternum. While inhaling, stretch the arms up, look up and gently bend backwards.



Exhale, bend forward from the hips coming into standard forward bend, try to place the palms on the floor and head towards the knee or shin.

Benefits:-Helps to improve flexibility of spine and stretches the back and hamstring muscles



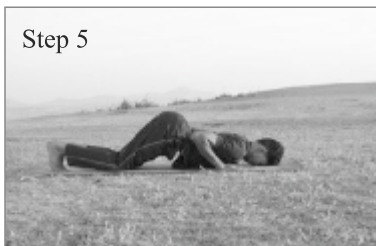
Inhale, step the left leg back into half cobra position, keeping the foot erect and resting the left knee on the floor. Push the hips down towards the ground and bend the neck back. Push the chest forward, opening the chest and pulling the shoulders back.

Benefits : Strengthens the lower back and core, lengthens the spine and stretches the backs of the thighs and gluteus.



Try to bring the calf and thigh of the right leg close together. Hold the breath, bring the right leg back, joining the feet together, keeping the arms, legs and back straight in Plank Pose. Your feet should remain erect.

Benefits : Strengthens the entire body, especially the arms, upper back and core.



While exhaling, first bring the knees to the ground, then the chest and finally the forehead, coming into ashtanga position, keeping the hips and abdomen off the ground



While inhaling come into the Cobra Position, straightening the arms, keeping the toes erect and legs together, knees and hips on the ground. Push the chest forward and pull the shoulders back, gazing up towards the ceiling.

Benefits:-Strengthens the entire body, opens the chest and aligns the spine.



Exhale raise the hips up into downward dog. Keep the arms and legs straight. Tuck the chin in towards the chest, push the body backwards and try to lower the heels to the floor. Push the forehead down towards the floor.

Benefits : Promotes good posture, strengthens the legs and core, regulates breathing and tones the core and hips.



Inhale and step the right leg forward between the hands coming back into the half cobra position.



While exhaling bring the left leg forward into Standing Forward Bend.



Step 10

Inhale, straighten the body up and come back to standing with palms joined in front of your chest.

The overall general benefits are-

- Warms up and prepares the body for asana practice.
- Helps to lubricates and increases the blood supply to the joints.
- Stretches and strengthens the whole body.
- Improves functional ability of the organs.
- Helps in detoxification.
- Stimulates pingala / surya nadi which improves metabolism.
- Useful for weight loss when practiced as an exercise (with rapid movements)
- Helps to maintain hormonal balance.
- Beeja mantras strengthen the cardiac muscles.
- Different breathing sequence applied during different positions, strengthens the lungs.

Some important points to note here are-

- Suryanamaskar can be performed at stages from childhood till old age.
- The steps of Suryanamaskar should be performed in slow and controlled manner. If one has to make a beginning, the Yoga experts recommend that initially one should start with less number say 5, be consistent and increase gradually instead of starting 10-15 from day 1.
- If one practices Suryanamaskar at home or outside, it can help in maintaining physical fitness for a long term and is the useful practice which can provide strength to body as well as calmness to mind.
- Stress Reduction-Yoga has long been recognized for its effects on body and mind, as a moving meditation and a way to calm the mind and promote harmony. Even a simple Sun Salutation practice can have the same effects as a full yoga practice.

- Weight Loss / Physical Fitness-Because they generate heat in the body and increase heart rate and breathing, Sun Salutations are considered aerobic training when performed in quick succession. Any time you get your heart rate up, you're burning calories. Burn enough calories to offset your food intake and you'll burn fat, too.
- A study published in "International Yoga Journal" in 2015 examined the effects of Sun Salutation practice on stressed out college students in Pune, India. Researchers found that the stressed out students who practiced Sun Salutations for 14 days were more physically relaxed, mentally quiet, at peace and at ease than a control group of students that did not practice. The students who practiced were also more rested and refreshed and exhibited less worry and negative emotions.

**I would like to conclude here with an Important note for the benefit of readers of this article-Suryanamaskar can be performed daily, exceptions being- menstruation period, medical illness, post surgery or any other contraindications for an individual. Furthermore, it is advisable to consult a Doctor before beginning to practice.**

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