

GURUKUL'S C.M.E



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Medicine Reorientation**

KNOWLEDGE BUILDS CONFIDENCE

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Editor's Desk

Dear Doctor,

Ist issue of new year 2015 contains scientific write-ups with propagation of ancient India's **holistic ayurvedic health care** system equally relevant today answering to many non-surgical disorders as a big opportunity, redefining **rasayasns** as described in texts for the new theory of free radicals as anti-oxidents by means of nutritive foods & dravyas, age old sucessfull clinical management of **pooti-nasya** (rhinitis), description of symptom **aruchi** (anorexia) an accompaniment of many diseases and its instant solution from ayurvedic remedies, detailing and differentiation of **kasa** (cough) diffused by single or multiple herbs, control & cure of agonizing **shwet - pradar** (lecorrhoea) with simple time tested local and oral medications, interpretation of **visham-jwar** (dengue) for controlling its complications with home preparations, purification of body organs **shudhikaran /shaman** (detoxification) by means of ayurvedic cosmetology.

Besides effective inputs for management of **life style diseases** by early detection & diagnosis, simple seven factors highly helpful in preventing **heart diseases**, as well as precise description of radiotherapy for treatment of **cancer** are some of the interesting articles.

Thanks.

With Regards

A handwritten signature in black ink, consisting of a stylized 'D' followed by a flourish.

Dr. Dinesh Vasishth
Ph.D (Internal Medicine), M.B.A.

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*Your Advice
Is
Solicited*

Important

- * Views & Opinions Expressed In The Articles Are Entirely Of Authors.
- * For Next Publication, **Volume 2; Issue 2** : You Are Requested To Send Articles On **Research, Clinical Study Or Expertise** With Your Photograph, Before **15th April, 2015** At gurukulscme@gmail.com

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SHWET PRADAR (LEUCORRHOEA)

This is one the commonest gynaecological disorders, which females generally suffer, specially working women leading a stressful life.

According to Ayurveda, **Leucorrhoea or Shweta pradar** is not a disease but a syndrome of so many diseases. However, sometimes, these symptoms are so severe that it overshadows the features of actual disease.

Dosha Involved:

In this ailment kapha dosha is responsible for originating this disease.

Etiopathogenesis:

This ailment is the result of aggravation of kapha dosha in the female body due to certain diets and lifestyle. Aggravated Kapha vitiates the rasa dhatu of reproductive system which produces white and excessive vaginal discharges

CAUSES OF LEUCORRHOEA

- Conditions like monilial vaginitis, trichomonal vaginitis, or cervicitis.
- Improper lifestyle and unhealthy eating habits
- Hormonal imbalances
- Poor genital hygiene
- Bacterial and fungal infections
- Anemia
- Stress and anxiety

SYMPTOMS OF LEUCORRHOEA

- Whitish or yellowish discharge from the vagina
- Frothy and foul smelling discharge

- Pain in the calves and lumbar region
- Lethargy and weakness
- Vaginal itching
- Constipation
- Frequent headaches
- Irritability
- Black patches on the skin under the eyes

TREATMENT :

Home remedies

Some home made remedies are also useful in this ailment

- Jeera (Fenugreek) kwath.
- Mand (Rice gruel).
- Amla with honey

External or Local

- A flaxen cloth impregnated with decoction of stem bark of only nyagrodha or lodhra with vata twak kashaya should be placed in Vagina
- Vaginal irrigation with decoction of stem bark of Lodhra and vata should be done.
- After oleating vaginal canal, a bolus made with powdered bark of plaksha mixed with honey should be placed.
- Phitkari, Haldi Powder in warm water for cleaning & washing.

Oral

- Pestled root of Rohitak with water.
- Paste of Lodhra mixed with decoction of stem bark of Nyagrodha should be taken
- Amalki juice mixed with Honey
- Daarvyaadi decoction

Ayurvedic Formulations

Pradrantak Churna	5gm	Twice a day
Pushyanug Churna	5gm	
Pradarantak Lauh	250mg	
Chandraprabha Vati	2 tab.	

Ashokarishta (at meals) 15ml

Dashmoolarishta (at meals) 15ml

PANCHKARMA:

- Triphala kwath dhawan
- Awgah (Sitz bath)
- Uttar Basti (Vaginal douche)
- Dhoopan (Fumigation)

EFFECTIVE YOGASAN :

- Sarvang asana
- Hal asana
- Padm asana
- Bhujang asana
- Shalabh asana
- Paschimottan asana

DO'S and DON'T'S

- Mind must be resting & stress free.
- Sexual intercourse during treatment must be reduced or avoided or with protection.
- Avoid reading, watching or listening to sexually stimulating materials.
- Sattvic, easily digestible food should be taken at regular intervals.
- Non-vegetarian foods, excessive amount of puddings, garlic, onion, pickles, potatoes, sour foods, excessive fried and greasy food must be avoided.
- Bowels must be well cleansed regularly.

These are the effective and beneficial methods of Ayurveda for controlling the symptoms & curing the disease.





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Clinical Management of Atropic Rhinitis(Pootinasya) -A Rare Case Report

Atropic rhinitis is a rare chronic inflammatory condition of the mucous membrane and turbinates in the nose and is associated with foul smell from the nose.

Pathology-

In atropic rhinitis there is chronic ischemic atrophy of mucosa and submucosa in the nose. Turbinates in the nose undergo ischemic atrophy producing a wide roomy nasal cavity. Arteries and nerves in the nose become inflamed and atropic and patients complain about blockage in the nose. Patient does not feel the air passing through nose. There is atrophy of olfactory nerves and loss of smell sensation.

This condition resembles pootinasya or pootinasa described in ayurveda. Sushrut mentions pitta, Rakta and Kapha in the samprapti of pootinasa and wrote about foul smell coming through the nose.

Symptoms-

Foul smell- Since the patient emits foul smell it keeps friends and relatives away from him.

Anosmia- Patient loses sense of smell and even doesn't get foul smell coming from his own nose.

Dryness- Patient complains dryness of nose.

Crusting- Often crust comes out of the nose and is foul smelling.

Epistaxis- When the crust separates it may produce mild bleeding.

Blocking of the nose- The crust blocks the nose.

But even if these are absent patients complain about nasal obstruction & cannot feel the passage of air through the nose due to anaesthesia of nasal mucosa.

Clinical Case-

A 30yrs old female came with headache in fronto maxillary region. She was a known case of Atropic rhinitis. She had undergone bilateral young's surgery 1yr back. It was performed as allopathic medicines could not reduce the symptoms of atropic rhinitis. X-ray showed haziness of left maxillary sinus and thickened walls. CT scan of left maxillary sinus showed mucosal thickening and osteomeatal complex defect. Re-canalisation of the nostril was done and endoscopic sinus surgery for maxillary sinusitis was performed. On endoscopy good pinkish mucosa was seen in both nasal cavities. Maxillary sinus ostium seeker could not probe into the maxillary ostium on both sides. Maxillary sinus was pale and unhealthy.

Intervention & Discussion:

This patient had undergone young's operation earlier. She was having discomfort of mouth breathing & headache due to maxillary sinusitis. Patient was observed after recanalization and had monthly follow ups. She had recurrence of the symptom in six months. Patient compliance was poor.

Ayurvedic Management

Line of treatment of sushruta for pootinasya was adopted in this patient ,Initially patient was given arohana snehapana with mahatiktaka ghruta for 5 days .This was followed by sarvanga abhyanga swedana followed by Vamana . After sansarjana kramah of 5 days again arohana snehapana was given for 3 days followed Rest for 2 days during which abyanga swedana was performed followed by mrudu virechana with Trivrutta lehyam.Patient was advised to take spicy diet and warm water after sansarjan kramah.Thereafter Karanja patra nasya was administered in nose(Aavapeedaka Nasya) for 21days, 4 drops in each nostril.

After the end of this treatment patient was followed every month. The nasal cavity were clean and less roomy in size with no crusts and no foul odour at the end of therapy.Patient had relief from nasal blocage and crusting.But the patient had no relief from anosmia. Patient was symptom free at the end of 6 months.

Conclusion- Ayurvedic treatment is much more effective as compared to modern drugs in the treatment of atropic rhinitis.Ayurveda can remove the root cause of disease and hence prevents the disease occurrence.Hence patient of atropic rhinitis could get excellent results with ayurvedic medication.

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Who Did What ?

Hans Berger Invented - E.E.G. (Electro Encephelography)

Willam Einthoven Invented - E.C.G. (Electro Cardiography)

S. S. Karl Ritter - Invented Sphygmomano Meter (B.P. Apparatus)

Dr. C. Walton Lillehei - Father of Open Heart Surgery

Dr. Christiaan Barnard - Did 1st Heart to Heart Transplant



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ARUCHI (ANOREXIA) IN NUT SHELL

Inability to eat food though hungry is known as aruci (arocaka); aversion to foods which were once linked in annabhinandana, hatredness to food even by its mere hearing, remembering, sight, smell or touch is bhaktadvesa.

Arocaka (anorexia) is produced by the three dosas,

1. **Vataja**- Tingly sensation inside the gums & astringent in taste develops. when there is grief, fear, greed, anger and unpleasant foods in sight & smell.

2. **Pittaja** - Bitter, salty, sour in taste, warm and bad smell develops in the mouth.

3. **Kaphaja** - Sweetness, stickiness with feeling of cold & thick coating in the mouth.

Arocaka in mental affections, the patient will have no specific taste as in dosaja type but in tridosaja many kinds of tastes are experienced.

Pain in the region of the heart is found in **vataja**, thirst, **burning sensation** and local heat in **pittaja**, **watery exudations** from the mouth, nose etc. in **kaphaja** as well as varying discomforts in **tridosaja** along with delusion and dullness of the mind are seen predominantly.

TREATMENT

Enema, purgation and **emesis** should be applied in **vata**, **pitta** and **kapha** respectively. If it is psychic origin, the patient is managed with pleasing and agreeable activities.

1. **Vatik**- Emesis is induced with vaca water 1st then powder 5-10gm of Pippali, Vidanga, Yavaksara, Harenu, Bharangi, Rasna, Elevaluka, Hingu,

Saindhava and Sunthi is given with ghrta or hot water or wine.

2. **Paittk**- Emesis is induced with sweet drugs and jaggery water followed by intake of linctus consisting of rock-salt, sugar, honey and ghrta.

3. **Kaphaj** - Emesis with nimba water then decoction of aragvadha mixed with honey & yavani powder should be given.

In anorexia caused by kapha; powder of maricha mixed with honey should be licked.

Kavala dharva (holding any liquid in the mouth to its full capacity which allows movement of the liquid)

Dhumapana (Medicated smoking), washing of mouth with pleasing substances (**eliachi, sonf, misri** etc.) delicious foods and drinks, along with consoling and gladdening techniques.

Water mixed with tamarind and jaggery added with twak, ela, marica is kept in mouth.

Ardra juice mixed with honey alleviates anorexia, dyspnoea, cough, coryza while with rock salt before food it clears tongue, throat, stimulates digestion benefitting the heart.

Chaturyasta (tvak, ela, patra, nagkeshara), **Dadimadi Churna**, **Khandava Churna**, **Mahakhandava Churna**, **Yavani Khandava Churna**, **Lavangadi Churna**, **Suksmailadi Churna** in doses of 5-10gm (1-2)t.s.p. with warm water at meals. **Vyaghri ghrta** is also useful.



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KASA Ayurveda Aspect

Cough is a symptom of respiratory disorder. Respiratory system is the system which is in contact with the external atmosphere since the day life starts vulnerable to allergens & infections. So it is important to have pollution free environment.

As per Ayurveda, cough or '**KASA**' is a '**Adharniya Vega**' which means it should not be hold. Kasa is of various types based on vata, pitta & kapha while it is wet & dry in general.

Kasa word is derived from the root "Kasari" i.e. "Shabda Kutsayanam" means unpleasant sound. It is explained as a disease in which the presentations are of respiratory disease. Pathogenesis of Kasa involves cough and pranavayu. When kapha (phlegm) is produced in excess in kasa, the vitiated kapha obstructs the free flow of prana vata in kantha and uras. Kasa could be because of Ahara, Vihara, Mansika Vyadhi.

Samprapti (pathogenesis) of kasa according to Caraka is that the vitiated **prana & udana** vayu attain upward movement and gets filled up in the channels (srotas) present in the shira, ura & griva pradesh. blocking with increased pressure inside eyes, nose, ear & throat causing severe painful contraction of muscles in the areas like mandibular joint and cervical region. This results in forceful expulsion of air producing a typical sound in the presence or absence of sputum called as Kasa.

As per the modern concept cough is a reflex action generated expels mucus or other foreign matter irritating or causing obstruction in the respiratory tract.

Cough can also be triggered by any irritation of the upper respiratory tract, particularly the larynx as well as pharynx although this area is less sensitive to chemical stimuli compared to the lower respiratory tract which may result in an expiratory cough, sometimes referred as a shallow cough, where residual air in the lungs is forced out without the preceding deep inhalation. When the pulmonary irritant receptors are stimulated, nerves impulses are sent via the vagus nerve to the medulla of the brain. This triggers the following sequence of events :

- Deep and sudden inhalation fills the lungs.
- Epiglottis closes and the vocal cords contract to close the larynx fully.
- Abdominal muscles contract with force pushing against the diaphragm.
- There is simultaneous forceful contraction of the other muscles of expiration.
- These muscle contractions increase the pressure in the lungs.
- When the pressure if sufficiently high, the vocal cords relax and the epiglottis suddenly opens.
- The high air pressure within the lungs rushes out almost in an explosive manner.

The pressure also causes the bronchi and parts of the trachea to collapse to form slits through which the rushing air can sweep out any irritants.

Cough could occur because of exposure to dust, fume, pollutants, prolonged tobacco use & smoking, respiratory infections. It could also because of sinusitis, tuberculosis, bronchial asthma,

emphysema, pulmonary fibrosis, work exposure to toxic chemicals such as silica, cadmium etc.

Hetu (Aetiology) of Kasa

- i) **Dhoom apaghata** (Exposure to fume, dust etc.)
- ii) **Vyayama** (Heavy Exercise)
- iii) **Rukhsa Anna Sewan** (Dry & stale food)
- iv) **Vipreet Marga** (Entry of foreign particle or food in the wind pipe)

In context of kasa, the poorva roopa mentioned in general for all types of kasa by almost all the acharyas having similar opinion are as follows.

- (1) **Shooka poorna galaasyata**
- (2) **Kanth kandu**
- (3) **Bhojyanaam avarodha**
- (4) **Aruchi**
- (5) **Sashabdha**
- (6) **Vaishamyata**
- (7) **Agnisada**
- (8) **Gala lepa**
- (9) **Thalu lepa**

Hridaya aswastha is mentioned as poorva roopa of kasa by vagbhata in astanga sangarha.

Shookapurna Galasyata

The vitiated vata attains the upward movement reaching the kantha pradesha dring up the srotas of the kantha, gala and asya pradesha. So the rook shtha in these areas will be increased causing difficulty in swallowing. Patient complains of soreness, pain thorny filling in the throat.

Kanth Kandu

Itching sensational due to rook shata by the shoshana of kapha. There is vitiation of kapha in the tara tama bhava along with vayu, while this vitiated kapha coats over kantha pradesha and during the movement of vayu it results in kanta kandu.

Bhojyanam Avarodha

Nishwasa and Anna pravesha are the functions performed by Pranvayu. In the case of Kasa there is vitiation of Pran & Udan Vayu initially in the pathogenesis of Kasa. As the pranuvayu itself is vitiated, its functions are also impaired causing obstruction to the normal flow of ahara and jala (liquid).

Aruchi

In the pathogenesis of disease kasa vata & kapha dosha gets vitiated, vata causes dryness of mouth & throat region and the kapha coats these regions resulting in impairment in taste perception which leads to aruchi.

Sashabdha

Due to vitiation of udanavayu (responsible for speech) there is change in normal voice. Apart from this irritation, dryness, itching sensation and kapha coating in the kanta pradesha, the hoarseness of voice develops.

Vaishama and Agnisada

The vitiated vata and kapha doshas lead to vaishamyata of agni which later on results in mand agni.

Gal & Talu Lepa

Vitiated kapha does the coating in the region of kantha, gala, asya pradesha are predominantly seen in kaphaja kasa.

Roopa (Lakshanas)

It includes sign & symptoms of the disease. They are seen at the stage of pathogenesis. Samprapti or pathogenesis can be studied with the help of lakshanas as follows.

- **Vataja Samanya** Lakshanas – Kasa, Deha Kshepana, Parshwa Shoola, Prista Shoola, Urah Shoola.

• **Pittaja Samanya** Lakshanas – Kasa, Bhrama, Daha, Moha, Trishna.

• **Kaphaja Samanya** Lakshanas– Kasa, Aruchi, Asya Madhurata, Sharira Gurata, Vamana.

As per the treatment in Ayurveda Nidana Parivarjan i.e. cause of the disease should be avoided like avoidance of dust, fume, pollutant, smoking, tobacco chewing, exposure to cold, humid atmosphere etc.

Shodhna treatment i.e. Biocleansing Therapies alongwith shaman (Palliative Therapy) should be done. For Shamna Chikitsa poly herbal preparations should be used for expectoration, bronchodialation, immunomodulation.

Popular formulations are as follows :

Avleha

Vasa, Kant Kari, Chavan Prash

5-10gm 2-3 times warm water with milk.

Lozenges (Vati)

Vyoshadi, Eladi, Lavangadi

2-3 tablets 2-3 times a day.

Powder (Churan)

Madhuyashthi, Eladi, Sitopladi, Talishadi

1-2 t.s.f. 2-3 times a day with honey, warm water.

Local & Oral Use

Single Herbs :

Haldi, Tulsi, Ela, Mulethi, Honey, Gur, Long, Dalchini etc with Garam Jal, Krishan Patri (Tea) decoction.



जरा विचारें

जहाँ स्वार्थ, टकराव, भटकाव और बिखराव है, वहाँ कौन करे आग का आचमन?

डा० मदन मोहन चौपड़ा

अगर आ जाये जीने का सलीका तो इक लमहा जीने को बहुत है।

अली अहमद

समय और सागर की लहरे कभी प्रतीक्षा नहीं करती।

अज्ञात

फूल खूशबूदार होना चाहिये, खुद हवा सिर पर बैठा ले जायेगी।

जिगर जालंधरी

यो दिन हवा हुये जब पसीना गुलाब था। अब इत्र भी सूँघा तो खूशबू नहीं आती।।

नैतिकता पर टिप्पड़ी

Recent Developments

PG in sports medicine soon at Safdarjung

Rhythmia Kaul

rythmia.kaul@indianexpress.com

NEW DELHI: The Safdarjung Hospital may offer a post-graduate course in sports medicine from the next academic year. Sources confirm that the institute is in the final leg of getting approvals for offering an MD degree in the category.

If it happens, it will be the first government hospital in India to offer the super speciality degree in sports medicine. The institute already has a full-fledged clinic to treat sports injury — the Sports Injury Centre (SIC).

The hospital was expected to start the course from the last academic session, but was not able to do for want of getting timely clearances, sources revealed.

"We are in the process of



■ The course will cover aspects like sports nutrition and injury.

PAJMAZ KHAN/HT FILE

taking care of the last leg of formalities. We are waiting for a final nod from the union health ministry that has to file. If all goes well, we should be able to start the course by May," said Dr Deepak Chaudhary, director, SIC.

The two-year specialised degree course will be taught at the Vardhman Mahavir

Medical College that is attached to the hospital and is affiliated to the Guru Gobind Singh Indraprastha University.

Sports is a career option for many and there is a need for professionals to help athletes in its different aspects like conditioning, identifying sport best suited for a person based on body habitus, injury prevention, injury treatment, rehabilitation, doping, psychological support and managerial skills.

The course is expected to help the general public with sports medicine finding application in treating motor injuries.

To begin with, four students will be admitted each year—two through examination conducted by IP University and two from All India MD / MS entrance examination.

IT WILL BE THE FIRST GOVERNMENT HOSPITAL IN INDIA TO OFFER THE SUPER SPECIALITY DEGREE IN SPORTS MEDICINE.

"The course was envisaged right at time of inception of Sports Injury Centre. The eligibility will be MBBS initially, but we will make changes to eligibility criteria, if required, later. The number of candidates can also go up to 6-7 eventually," informed Dr Chaudhary.

The course will cover all aspects of sports medicine including sports nutrition, sports injury, psychology, physiology etc.

Branch out

Dr Tanuja Nesari, additional director (academics), Ch. Brahm Prakash Ayurved Charak Sansthan, on new avenues in Ayurveda

In today's globalised world, ample opportunities are available for Ayurveda postgraduates. They are no longer restricted to the medical domain and with the intersection of different industries, their skills can be utilised in diverse fields.

The most abundant opportunities lie in the field of public health, given the large network of hospitals, dispensaries and health centres run by the central and state governments. Further, there is a growing need for specialists and consultants as people prefer them to general practitioners. Secondly, as new teaching institutes open in different cities, there is a rising demand for skilled personnel who can teach Ayurveda, thereby making teaching a lucrative career option for young graduates.

Another specialised area with a demand for Ayurveda professionals is research and development (R&D). With medicinal plants and pharmaceuticals being emerging areas of research, professionals who understand their applications are highly sought-after. Manufacturing industries, too, are increasingly willing to spend on R&D that utilises skills of Ayurveda professionals.

AYUSH DEPARTMENT

May note that for

Sports Medicine,

"Panchkarma" is the appropriate & traditional scientific remedy, where B.A.M.S doctors with P.G

(Panchkarma) can be

of immense

clinical & therapeutic execution.

Presented by **Dr. Jagdish Singh, Sr. Physician**

What is medical negligence?

Medical negligence, as the term suggests, is negligence in the field of medicine. It occurs when a healthcare provider, by some act or omission, fails to fulfil a duty owed to a patient, and thereby causes harm to the patient. The healthcare provider here might be a surgeon, a nurse, or any professional working in the medical field.

These are the essential factors for a claim of medical negligence:

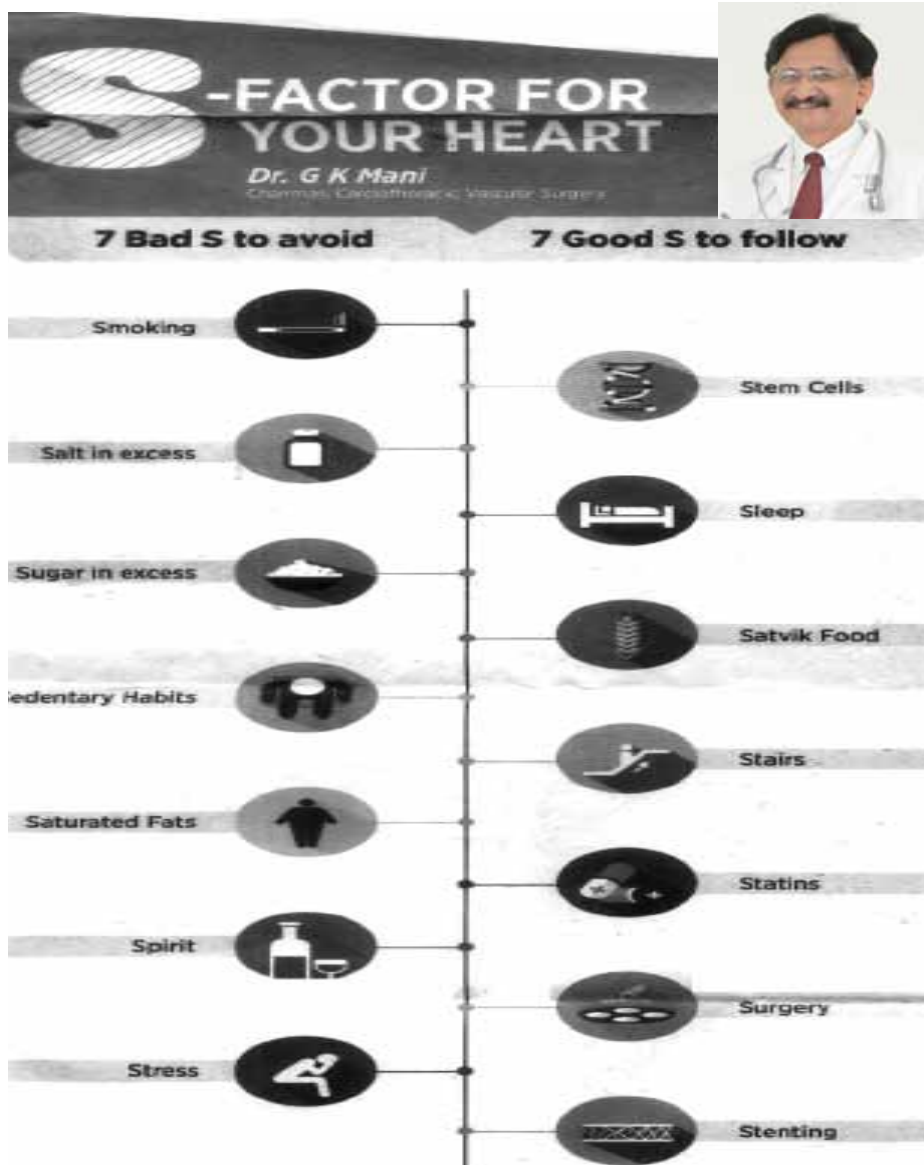
- A duty was owed: A legal duty exists whenever a hospital or healthcare provider undertakes care or treatment of a patient (for a payment)
- A duty was breached: The provider failed to conform to the relevant standard care

The breach caused an injury: The breach of duty was a direct and proximate cause of the injury

- Damage: Without damage (losses which may be pecuniary or otherwise), there is no basis for a claim, regardless of whether the medical provider was negligent. Likewise, damage can occur without negligence, for example, when someone dies from a fatal disease

Rights of Patients

The Consumer Protection Act (COPRA) was passed in 1986 and hailed as a huge step forward for consumer interests in India. The act lays down the rights that all consumers have: including the right to safety, choice and information. It also established a framework of consumer forums at the district, state, and national level. These together form a fast track redressal mechanism for consumer complaints. A consumer is defined under COPRA as any individual who buys or hires any good or hires or avails of any service for a payment. In the milestone case of Indian Medical Association vs VP Shantha, the Supreme Court held that health care was a service unless it was for free. Thus, a patient going to a clinic or a hospital is a consumer when he pays for the services provided there, or if the clinic or hospital usually accepts payment for services. Any hospital, clinic or dispensary that works free of cost does not come under the definition of services under COPRA and action cannot be taken against them. In today's era of privatised healthcare, where large private hospitals often charge huge sums for their services, the act protects the interests of patients and offers them recourse in any deficiency in the services they have availed. The procedure for filing a complaint under COPRA is simple. A complaint can be filed, for a token cost, at the district forum for claims up to Rs. 20 lakh, at the state forum for claims up to Rs.1 crore, and at the national forum in case the claim exceeds Rs.1 crore. These forums are intended to provide a fast-track alternative to minimize the agony associated with long-drawn civil cases and have the same powers as civil courts and are empowered to order payment of damages.



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CHALLENGES AND OPPORTUNITIES FOR AYURVEDA

It is quite obvious that science solves many world problems, such as bringing help to areas of disaster in any part of the world, and by means of visual media + satellite communicating in a few minutes with any nation that is most suitably situated to inaugurate such help. Among other things, it also solves many problems of widespread epidemics, starvation, and undernourishment. But there are certain of man's personal problems where science is unable to help, and I propose to deal with these in this paper.

However, it is necessary that we should be perfectly clear in our minds as to what we mean by science, or the scientific method of approach to truth, not only in world affairs, but in simple everyday observations. For instance, many people think that a sudden abdominal pain low down on the right side is almost certainly the beginning of appendicitis, whereas it is much more likely to be a small pocket of gas which will quickly disperse.

Twenty First Century is witnessing a paradigm shift in the approach to healthcare system. The disease curing approach of the modern medicine along with the increasing incidence of the drug induced health problems (including death) is now making many people in both developed and developing countries turning to alternate mode of healthcare, generally termed as "complementary or alternative medicine". **The holistic approach adopted by the oriental health traditions, particularly those of India and China is gaining increasing acceptance and popularity in the world over. The disease preventive and health promotive approach of**

Ayurveda, which takes into consideration the whole body, mind and spirit while dealing with the maintenance of health/promotion of health and treating ailments, is holistic and it finds increasing acceptability in the world over.

Search for eternal health, longevity and remedies to relieve pain and discomfort prompted man to develop various recipes using the materials found around them. The early man, combined with his **instinct, intuition and indulgence** learned many lessons of healing and enriched this knowledge by carefully observing other animals. In fact, conscious selection of plants for use of drug probably began with the dawn of settled civilizations. Over millennia that followed the most effective therapeutic agents amongst them were selected by the process of trial or **error, empirical** reasoning and even by **experimentation**. This effort has gone in history by the name medicine. The introduction of abstract medicine in the form of base chemicals and pharmaceuticals during the 18th and 19th centuries has demonstrated methods for bringing quick relief from sufferings, and it won instant admiration and popularity. This system, known as allopathy, made rapid advances during 19th and 20th centuries as a result of the advances made in **biological, chemical and pharmacological** sciences. New discoveries of sulfa drugs, synthetic drugs, antibiotics, cortisones/steroids and other chemotherapeutic agents in quick succession swept all other systems of medicine by their feet in most developed countries. But in many countries in the 'Third World, the plant-based

traditional medicine is still a living tradition.

Ancient Ayurvedic physicians had also described the uniqueness of every individual. The 'Prakriti' i.e. the constitutional nature, of every individual is different and therefore it is important to diagnose the constitutional nature of the individual first before prescribing any medicine/ treatment. The Ayurvedic diagnosis on the constitutional nature of the individual is based on the 'Tridosha' philosophy. The various permutation combination patterns of the 'doshas' in conjunction with Triguna combinations could offer countless variations. Interestingly modern molecular geneticists also now speak a similar language. The advancement now taking place in molecular biology and genetic engineering is making it possible for the development of nutrigenomics and pharmacogenomics and thereby produce tailor made/custom made food, nutrition and drugs that suit to the particular constitutional nature of the individual. With the perfection of human genome mapping, it is now possible to get the DNA profile of individuals and then develop a customized treatment. Such developments in pharmacogenomics, nutrigenomics and proteomics in conjunction with the Ayurvedic diagnosis and treatment may revolutionize the healthcare in 21st century.

'Rasayana chikitsa' also known as 'Rasayana tantra' is the treatment regime, which involves cleaning of the body system and a special medication to achieve **'Dhatuvridhi'** i.e. rejuvenation of the whole tissue system by **'Ojovardhaka dravyas'**—substances that improves the functional efficiency and immunity of the individual. Another special rejuvenation therapy focusing on the restoration of sexual potency/power and vitality is done by another type of treatment known as 'Vajikarana Tantra'. 'Rasayana treatment' is also intended to promote longevity and delay the ageing process and it is advised to be administered along with 'Panchakarma'.

According to Ayurveda the health of a person largely depend on the mindset and behavioural

pattern of the individual. Positive thinking and positive behaviour evoke positive responses in the physiological function. This has been specifically mentioned under "Dinacharya" and "Ritucharya" routine advised for "Swasthavritta" by Ayurvedic Acharyas. They have advocated for observing a well regulated daily routine with many do's and don'ts so as to enable the individual to interact and cope up with the given environment and also the social setup in a non-aggressive, non-offending and spiritually oriented manner, which would help in the best upkeep of the hormonal and neurohumoral balance. Psychosomatic approach to maintain good health is now well appreciated by modern health managers.

There are about 75 medicinal plants mentioned in different treatises of Ayurveda and Sidha, which are reported to have potent Rasayana properties and used in a variety of formulation for treating metabolic disorders and aging related complications, etc. A well orchestrated multi disciplinary research drawing experts from Ayurveda, modern biology/medicine, Phytochemistry, Pharmacology, Biochemistry, Pharmacy, Ayurveda, Botany etc. could develop strategies for designing a variety of remedies for treating such disorders.

The Ayurvedic as well as other indigenous systems of medicine, is currently confronted with the problems of fixing standards and specifications of identity, purity, strength, etc. It can very well be accomplished if Ayurveda adopts appropriate scientific methods and practices. But it does not mean that it should adopt the parameters of modern medicines in evaluating its quality and fixing standards. Any attempt to evaluate and standardize the Ayurvedic medicine and for that reason any other such traditional systems of medicine with the parameters of modern medicine will be suicidal. It is conceptually wrong and unethical and is harmful to the very system. **Evaluation and standardization of Ayurvedic and other traditional systems of medicine have to be based on the concept, theory**

and parameters of traditional medicine. But it may utilize the advancement made in modern scientific knowledge, tools and technology, including the latest information technology. It is high time for the Indian Scientists and Technicians to interact with the experts of Indian systems of medicine and develop its own instruments and methods in evaluating its medicine rather depending on the instruments developed in the west, which are mostly designed to meet the requirements and parameters of modern medicine.

The holistic approach in Ayurveda has indeed internalized all aspects of human health and diseases. It is, perhaps the greatest contribution of Ayurveda to the humankind. It is the whole human being not merely the disease entity that forms the focal point and management of health and treatment of diseases. But due to various historical reasons the growth and the continued development of this profound wisdom of Ayurvedic medicine was stalled and suffered great set back. The steady growth and development of Ayurveda was arrested and almost stopped some 1500 years ago. Orthodoxy, dogmatism and superstitions, etc. began crept in these intervening years and this glorious tradition began to loose its luster and credentials. Perhaps after Vaghbata II, Ayurvedic Science never showed its dynamic growth. During this long period of inertness and apathy, lot of filth and garbage had accumulated over such heritages and stature and luster lost its original. It is high time for us to cleanse these filths

and polish it so that it may once again shed its light and restore its dynamic growth by imbibing the achievements made in other sciences and associated technologies.

In this present age of great technological advancement the outstanding discoveries of science have tended to make us regard them as ends in themselves, and so altered our lives as to create desires for more and grater technological comforts. But we are beginning to realize that blind scientific advancement can lead to massive pollution of the soil, the rivers and seas and the very air surrounding our globe. And if the human race is to survive, society must therefore be willing to accept responsibility for the welfare of all mankind. It must exert its influence over the activities of scientists, encouraging research into all fields of major importance, but directing its own action in such a way that all new discoveries are used for the wisest purposes only, since it is not the scientists but the community which is responsible for what is done with scientific discoveries.

STEM CELLS MAY REGENERATE BONES AND CARTILAGE

NEW YORK: Indian-American researcher Siddhartha Mukherjee from Columbia University Medical Center (CUMC) has identified stem cells that are capable of regenerating both bone and cartilage in bone marrow of mice. The cells called osteochondroreticular (OCR) stem cells were discovered by tracking a protein expressed by the cells. Using this marker, Mukherjee and his team found that OCR cells self-renew and generate key bone and cartilage cells. The team also showed that OCR stem cells, when transplanted to a fracture site, contribute to bone repair.

IANIS



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चिकित्सक विद्वानों का मानना है कि डेंगू बुखार Aedes एडीज मच्छर मुख्यता Aegypti एजिप्टी मच्छर के काटने के कारण होता है। इस बुखार में जोड़ों, मांसपेशियों में अधिक दर्द होता है। इसे हड्डीतोड़ बुखार भी कहते हैं। यह छुआ-छूत का रोग नहीं है। इसका असर ३ से १४ दिन तक रह सकता है। इसका प्रकोप काल ४ से ७ दिन के बीच का है जिसमें प्लेटलेट्स तीव्रता से विलुप्त हो जाते हैं और मरीज के जीवन पर खतरा मंडराने लगता है।

लक्षण- डेंगू बुखार का प्रारम्भ एकाएक सिर दर्द करना तथा धीरे-धीरे मांसपेशियों में तथा जोड़ों में दर्द बढ़ जाना है। शरीर टूटता है तथा बुखार आना शुरू हो जाता है। कभी बुखार रुक-रुक कर कर कभी लगातार चढ़ा रहता है। त्वचा में छोटे-छोटे लाल रंग के धब्बे दिखने लगते हैं। कभी-कभी नाक से, मुख से रक्त आता है, कभी पेट में दर्द तो कभी उल्टियाँ आती हैं। कभी चक्कर आते हैं, कभी दस्त लग जाते हैं। भूख गायब हो जाती है।

बुखार के उग्र रूप धारण करने से 'हड्डेंगू हैमोरेजिक फीवर' (DHF) में परिवर्तित हो जाता है। इसमें रक्त में प्लेटलेट तीव्रता से कम होने लगते हैं तथा मरीज मृत्यु की ओर अग्रसर हो जाता है। कई बार डेंगू व मलेरिया एक साथ हो जाता है जो कि बहुत खतरनाक होता है।

डेंगू बुखार का पता लगाना

यदि बुखार १०२ डिग्री से ज्यादा लगातार रहता हो तथा सिर दर्द, बदन व पेट दर्द तेज हो रहा है, उल्टियाँ

दस्त बार-बार आ रही हो जोड़ों में दर्द हड्डियों व मांसपेशियों में दर्द, नाक से खून आना, मुख से खून आना आदि हो तो डेंगू की पूर्ण संभावना रहती है और शीघ्र ही रक्त की जाँच करानी चाहिए। डेंगू में दो मुख्य टेस्ट करते हैं एन एस-एक एन्टीजन परीक्षण (Antigen Detection) सी.बी.सी तथा डेंगू सिरोलॉजी एन्टीबॉडी परीक्षण (Antibody Detection) (IgG, IgM, HI) Hemagglutination Inhibition. इन टेस्टों के सकारात्मक परिणाम आने पर डेंगू की संभावना की पुष्टि हो जाती है। इसके अतिरिक्त Molecular diagnosis-PCR (Polymerase Chain Reaction) का टेस्ट अन्य कई प्रकार के वायरस जानने के लिए करते हैं।

प्लेटलेट्स की जानकारी

अमूमन स्वस्थ आदमी के रक्त में डेढ़ लाख से चार लाख पचास हजार प्लेटलेट्स होते हैं। डेंगू के बुखार में प्लेटलेट्स तीव्रता से घटने शुरू हो जाते हैं। यदि प्लेटलेट्स की संख्या एक लाख तक आ गयी है तो शीघ्र की अस्पताल में मरीज को भर्ती करना चाहिए। वैसे प्लेटलेट्स वायरल तथा मलेरिया बुखार में भी काफी कम हो जाते हैं। चिकित्सक २०,००० या २५,००० प्लेटलेट्स बचने पर शीघ्र प्लेटलेट्स चढ़ा देते हैं नहीं तो जीवन खतरे में पड़ जाता है।

डेंगू से बचने के उपाय

डेंगू का उद्भव पानी है अतः ज्यादा दिन तक कहीं पर भी पानी न भरने दें। डेंगू का मच्छर प्रातः सूर्योदय के बाद से लेकर सूर्यास्त के बीच ही काटता है। डेंगू मच्छर एडीज एजिप्टी तथा एडीज एल्बोपिक्टस नामक

मच्छर के काटने से ही डेंगू होता है। यह मच्छर १०-१५ दिन ही जीता है तथा एक मच्छर २०० नए मच्छरों को जन्म देकर विदा होता है। सबको बचने के लिए पूरे शरीर में कपड़े पहिनने चाहिए। रोज कीटनाशक दवा छिड़कें। रोज रात्रि में पूरा शरीर ढककर सोएं (मुख छोड़कर) खुले अंगों में आडोमॉस या सरसों को तेल लगाकर सोएं। रात्रि में मच्छर नाज़क टिककी लगाकर या स्प्रे करें, तरल पदार्थ वाली मज़ीन लगाएं। कूलरों का पानी हर सप्ताह बदलें। पूरे घर की अच्छी तरह सफाई करें। सुबह-शाम गूगल धूप अगरबत्ती पूरे घर में जलाएं। जहां कहीं भी मच्छर काटे तुरन्त वहाँ ऑडोमास लगाकर मसलें इसे उसका जहर हल्का हो सकता है। घरों में पर्दे जालियाँ लगाकर रखे, पंखा चलाकर सोएं।

डेंगू बुखार में खान-पान

१. मरीज को दिन में पानी में ग्लूकोज डालकर पानी यथेष्ट मात्र में पिलाएं।

२. ज्वारे का रस, तथा अनार का रस १००-१०० मि.ली. मिलाकर मरीज को दिन में दो बार पिलाएं। यह रक्तवर्धक होता है।

३. खाने की जगह दिन में दो बार सुबह-सायं पालक १०० ग्राम, गाजर ५० ग्राम, चुकुन्दर २० ग्राम, टमाटर एक नग, हरी धानिया ५-७ ग्राम, अदरक १० ग्राम, आँवला एक नग, सबको पीसकर गाढ़ा-गाढ़ा स्वरस, पिलाएं इससे लाल रक्त कण बढ़ते हैं। हीमोग्लोबिन को बढ़ाएगा। यह मरीज को दैनिक भोजन होगा। इसको देने पर भोजन की आवश्यकता पूर्ण हो जाती है।

४. ढाई-तीन घंटे के अन्तराल में फलरस (अनार, सेब, मौसमी आदि) मरीज को पिलाते रहें।

५. हरी शाक सब्जियों का (धिया, पालक, तोरी, टिंडा, टमाटर) आदि सूप दिन में दो बार जरूर दें।

डेंगू में घरेलू चिकित्सा

१. गिलोय रस २०-२० मि.ली. दिन में ४ बार दें। इससे ज्वर में आराम मिलेगा।

२. नीम, तुलसी, आँवला व अदरक पीसकर २-२ चम्मच रस आधा कप पानी के साथ दिन में २ बार लें।

३. ग्वारपाठे का रस ५०-५० मि.ली. पानी में समभाग मिलाकर दिन में दो बार दें। गिलोय के ५-७ पत्ते अथवा गिलोय की ४ इंच लम्बी हरी डंडी, ११ तुलसी के पत्ते, ४. काली मिर्च, २ ग्राम दालचीनी की छाल का चूर्ण, एक डली गुड़ सब अच्छी तरह कूटकर ३ कप पानी में उबालें। एक कप पानी रहने पर छानकर गर्म-गर्म काढ़ा चाय की तरह सुबह-शाम दें। अन्य दवाओं के प्रयोग में आधा घंटे का अन्तराल रखें। यह काढ़ा डेंगू से रक्षा करेगा। प्लेटलेट्स को बढ़ाएगा।

५. अडूसा (वासा), हार सिंहार, गिलोय तथा पपीते के पत्तों का समान मात्र में लेकर पीसकर स्वरस की ४-४ चम्मच दिन में तीन बार दें। अन्य दवाओं के बीच आधा घंटे का अन्तराल रखें। यह दवा प्लेटलेट को बढ़ाएगी।

६. पपीते के हरे पत्तों का स्वरस आधा कप तथा आधा कप पानी मिलाकर सुबह-शाम रोज पिएं इससे RBC शीघ्र बढ़ते हैं।

डेंगू के उपद्रव (Complications)

१. मरीज को बार-बार उल्टियाँ होने पर ५ लौंग कूटकर एक कप पानी में उबालें आधा कप पानी रहने पर छानकर गर्म-गर्म चाय की तरह पिलाएं। उल्टियाँ रुक जाएगी। या नीबू पर पिसी काली मिर्च व काला नमक लगाकर चूसें।

२. दस्त लगने पर अनार का छिलका १० ग्राम पानी में पीसकर पिला दें अथवा अदरक कर रस ४ चम्मच पानी ४ चम्मच मिलाकर दिन में ३-४ बार देने में दस्त रुक जाएंगे। दस्त में जब तक मल आता रहे तो घबराएं नहीं। सौंफ व जीरा (सफेद) १०-१० ग्राम तवे में भूनकर पीसकर १-१ चम्मच पानी के साथ दिन ३-४ बार देने से भी दस्त ठीक होते हैं।

आयुर्वेदिक चिकित्सा

डेंगू बुखार में आयुर्वेद चिकित्सा का अपना विशेष महत्व है।

- बुखार आने पर महासुदर्शन चूर्ण १-१ चम्मच (tsf) पानी से या महासुदर्शन वटी की २-२ गोली पानी से सुबह-शाम दें तथा गोदन्ती भस्म २५०-५००mg शहद के साथ दिन में २ बार दें। बुखार में लाभ होगा।

- दस्त लगने पर बिल्वादिचूर्ण १०-१५ ग्राम पानी में घोलकर दिन में ३-४ बार दें।

- उल्टियाँ आने पर प्रवालपिस्टी ४-४ घन्टे बाद दें।

- सप्तादि-लोह वटी की २-२ गोली पानी से दिन में तीन बार दें तथा कान्तलोह भस्म १२५ mg भी दिन में २ बार दें इससे प्लेटलेट्स बढ़ेंगे।

- गिलोय सत्व १२५-२५०mg दिन में ४ बार पानी के साथ दें।



Re-Thoughts

Those who live for others really live & those who live only for themselves are more dead than alive.

-Swami Vivekanand

**We must accept finite disappointment,
but never lose infinite hope.**

-Martin Luther King JR

Discipline is the bridge between goals & accomplishments

-Jim Rohn

When poverty comes to door, love flies out of the window

-Anonymous

**It is fine to celebrate success but it is more
important to heed the lessons of failure**

- Bill Gates

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Max Super Speciality Hospital Saket, New Delhi

MANAGING LIFESTYLE AILMENTS

Following a health check you come to know that you have been diagnosed with an ailment. You are shocked, upset, and angry. But with time you do come around to accepting that there is a problem to be dealt with. What follows this acceptance? What form of treatment other than medical do you need to make permanent changes?

Lifestyle medicine is the answer. Along with Medical/Surgical treatment, Lifestyle corrections are necessary to manage your diseases and rehabilitate you to a near normal life. Lifestyle diseases can be prevented and if they can not, they need to be managed. The following steps will help you manage chronic diseases like diabetes, hypertension, cholesterol and triglycerides, obesity, digestive problems, cardiac ailments and cancer.

Prevention and Early Detection

Forewarned is forearmed. If your patient/ sibling have any of the above ailments or you have a family predisposition, you are at risk. Awareness of genetic history can help you to take preventive action. Regular health check will help you establish your current status and take corrective steps when necessary.

Post Diagnosis

Use this as an opportunity to change. If your medical tests are way beyond acceptable limits, the time to change is now. Otherwise the disease will become chronic and thereafter impact many other organs and systems of the body. Set up or enroll in a regular reminder system of checks and daily wellness.

Disease Management

You will need to address weight issues. Your diet

will need to be monitored and controlled. Sedentary habits will need to give way to all round fitness of heart, muscles and joints. Worries and tension will need to be replaced by relaxation to create mental peace. Sleep will need to be complete in quantity and quality and quality to heal body and mind. A package of medical and wellness treatment will need to be implemented to keep the illness in control. New habits have to be practiced daily without fail. The good news is, they will help you to correct your overall health.

Respiratory Ailments

Immunity disorders and allergies result in several ailments including asthma, urticaria or hay fever. They could be caused by atmospheric pollution, cigarette smoke, house dust, pollens, and moulds. Isolate those factors responsible for your condition. In addition to the medication you have been prescribed, avoid exposure to allergen to as far as possible, by shutting windows and doors to prevent pollen from entering the house, wearing sunglasses to protect the eyes, a nasal mask to prevent inhalation and by cleaning your hairs, eyes and hands regularly to remove pollen.

Asthma is a condition in which the airways within the lungs gets inflamed due to specific allergens, which result in narrowing of the airways, reducing airflow and resulting in breathlessness and wheezing. It is vital for you to consult your doctor for management and treatment of asthma. Triggers in asthma besides stress include cigarette smoke, dust, odours (including perfumes), pollens, animal hairs, pollution, certain medications, some foods

(including peanuts, milk, cheese etc.), occupational exposure (paints, varnish, fumes, etc.)

Headache

When there is no medical basis for your headache such as sinusitis, rhinitis, tumor or any other, the most common cause is stress. Identify the source of your stress and try the following measures

- During periods of distress, neck and shoulder exercises and massage bring some relief. Relaxation techniques such as deep breathing and meditation also relieve stress and tension. Eye exercise increases circulation of your eyes and relaxes them.
- A high fat diet, junk food and irregular meals should be avoided. Drink sufficient water and eat fresh vegetables and fruits twice daily.
- Poor posture, especially of neck, spine and lower back is a contributing factor.
- Allergies such as asthma, rhinitis and certain food trigger headache.
- Lack of sleep and even too much sleep is another contributing factor.
- Hormonal changes before, during and sometimes even after menstruation are common triggers for headaches.

Digestive Problems

Along with medical factors, lifestyle and stress can aggravate Irritable Bowel Syndrome (IBS), gassiness, ulcers and acidity. Personality also plays a strong role. A fitness regime, a healthy diet eaten at regular intervals, will all help manage your digestive problems. Better coping techniques such as relaxation, meditation and less exacting personality are all required to reduce digestive problems from becoming chronic.

Addictions

Any indirect, casual or daily association with addictive substances like alcohol, smoking or chewing tobacco, has a proven record of causing dependency and being detrimental to health.

Smoking

There are two ways to give up smoking. One is to reduce/cut down for some time and then stop completely. The second is to completely at one go. While it is difficult for many to stop at once, there are ways of cutting down that can at least start the process of quitting the habit

- Attempt to smoke fewer cigarettes
- Never smoke more than half the cigarette.
- Break a cigarette in half and then smoke.
- Make it a practice never to smoke in office or at home.
- Never smoke in public place, it is unhealthy for others.

If you want to kick the habit once for all, try these steps

- Take a decision to stop immediately.
- Take your Doctors help on NRT (Nicotine Replacement Therapy).
- Seek help from Counsellor on how to quit smoking, and for support.
- Take help from family and friends to keep you on track.
- Avoid the company of smokers until you are strong enough to resist.
- Substitute the activity with chewing gum, sweet or eating fruit.

Alcohol

While it is advised to have alcohol free life, social drinking is an accepted part of the modern lifestyle. New findings also indicate the benefits of a glass of red wine as a healthy option for harder liquor.

There are several ways to make sure that your alcohol consumption does not degenerate into an addiction

- Drink slowly, one drink an hour.
- Always dilute your alcohol with water or soda.
- A safe limit is 30 ml of liquor/ glass of beer or wine.

- Eat before drinking or with meal.
- Avoid drinking daily and under pressure and stress.
- Seek help from Counsellor on how to stop, and for support.
- Take a decision to stop.

Paan, Supari, Tobacco

- Chewing paan, Supari, Tobacco or any other

related products are known to cause mouth/ gum disease which later on may become reasons for oral cancer.

- The habit should not be practiced casually. It is essential to cut down your consumption initially and then quit altogether
- Consult your doctor and take help from family and friends.

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FAQs About Radiotherapy Treatment



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Q: What is Radiotherapy?

A: Radiotherapy is the branch of Oncology which deals with the treatment of various malignant (cancerous) and benign diseases, with ionizing Radiations (Photons-High Energy X rays / Gamma Rays or Electrons or Protons). It is the team of Radiation Oncologists, Medical Physicists and Radiotherapy Technologists who are involved in the treatment of patients with radiotherapy.

Q: How long the Radiotherapy treatment lasts?

A: Radiotherapy treatment takes approx. 10-15 minutes inside the treatment room and radiation is just only for 1-2 mins. It is usually fractionated treatment (5 days in a week) for 4-6 weeks (Curative intent) or 2-3 weeks (Palliative intent).

Q: Do patients need admission?

A: No, there is no need of hospitalisation for External Radiation unless the doctor feels so.

Q: Can they do daily routine activities at home?

A: Yes, definitely one can continue with light routine daily activities.

Q: What is the difference between External Radiotherapy and Brachytherapy?

A: External Radiotherapy is done by huge machines like Linear Accelerator (LINAC), Cobalt where the Radiation treatment is delivered from outside by high energy X Rays or Gamma Rays. In Brachytherapy, radiotherapy is internal like:

- **Intracavitary:** Radioactive source is placed inside the cavity like in uterus, cervix.
- **Intraluminal:** Source is put in lumen e.g.) in esophagus or bronchus.
- **Interstitial:** Source is placed inside the tissues like in Prostate, Breast, Sarcomas.

Q: Can patients interact with other family members, children and pregnant ladies?

A: Yes, one can socially interact, eat and sleep with family members without any fear.

Q: What are the side effects of Radiotherapy?

A: Yes, there are mild to moderate site specific reactions-

- Color change of skin, mild itching at the local site (Ca Breast or Head & Neck tumors)
- Mouth ulcers or beard loss for Head & Neck tumors
- Hair loss, Nausea or Vomiting for brain tumors
- Burning micturition or altered frequency in stools for Gynecological or Prostate Radiotherapy
- Generalized weakness or Low Blood counts

Q: What precautions patients should take during Radiotherapy?

A: Yes, patients are advised to follow certain instructions:

- High protein diet
- Drink plenty of fluids.
- Wear loose cotton clothes to avoid sweat locally.
- No rubbing or scrubbing at radiation site. No shaving for Head & Neck cancers.
- Avoid cream, lotion or deodorants at radiation area unless advised by doctor.
- Avoid spicy and outside food.
- No Alcohol, No Driving & No Swimming for Brain tumor patients.
- CBC and weekly consultation by radiation oncologist during treatment.



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Concept of Free radicals and Nutrition as Antioxidants

Abstract:

The free radicals are formed because of improper metabolism results production of the toxins in the body because of that may produce different condition which may be think of Amavisha. Ultimately may lead to destruction of cell and weakened body tissues. To overcome of this Different Nutrition may help in dissolving free radicals and boost up the cells and body tissue. This Article enlightens the concept of free radical theory, Nutrition as Antioxidants.

Key words: Free radicals, Antioxidants, Nutrition etc.,

Introduction:

In the present period due to change in way of life, hectic in the work, the people put up with anxiety, stress, strain, tension and depression. Because of untimely food, be short of different nutritive in the routine food , increased population and Pollution will paved way for the formation of free radical in the body which ultimately leads to the damage of the cells and tissues leading to different disorders. The Natural food which will be rich in Vitamins, Proteins and carbohydrates in the form of Vegetables, Fruits etc will helpful in nourishing the cell and protect from the tissue and cell damage enhances immune mechanism acts as immune modulators and acting as Antioxidants has been used routinely to treat and prevent the formation of Free radicals. The different natural nutritive will acts as antioxidant and avoid early ageing, give healthy happy and long life. In

this article an attempt is made to highlight about Nutrition, Free radicals, Antioxidants etc.

Definition of Nutrition:

Nutrition is defined as the science of food and its relationship to health. The word Nutrient is used for specific dietary constituents such as Proteins, Vitamins and Minerals.

Classifications of Food:

I. Classification based on Origin

1. Food of Animal origin, 2. Food of Vegetable origin

II Classification by Chemical composition

1. Proteins 2. Fats 3. Carbohydrates 4. Vitamins 5. Minerals

III Classification by predominant function:

1. Body Building foods –Milk, Meat, Poultry, Fish, Eggs, Pulses, Groundnuts

2. Energy giving foods-Cereals, Sugars, Roots and Tubers

3. Protective Foods- Vegetables, Fruits and Milk

IV Classification by Nutritive values

1. Cereals and Mellitus

2. Pulses (Legumes)

3. Vegetables

4. Nuts and Oils

5. Fruits

6. Animal foods

7. Sugar and Jaggery
8. Fats and oils
9. Condiments and spices
10. Miscellaneous

Nutrients:

Macronutrients: These are Proteins, Fats and Carbohydrates which are called “Proximate principles” because they form main bulk of food.

Micronutrients: These are Vitamins and Minerals they are called so because they are required in small amounts.

Proteins: Proteins are complex organic nitrogenous compound composed of carbon, hydrogen, oxygen, nitrogen and sulphur in varying amounts.

- Needed by the body for body building. Repair and maintenance of body tissue.
- Maintenance of osmotic pressure.
- Synthesis of substances like Antibodies, Plasma proteins, Hemoglobin, Enzymes, Hormones and coagulation factors. These are connected with Immune mechanism of blood. The cell mediated immune response and the bactericidal activity of the leucocytes has been found to be lowered in severe form of protein energy malnutrition.

Fats:

- They are high energy foods providing as 9kcal for every gram.
- Fats in the body support viscera such as Heart, Kidney, and Intestine.
- Essential fatty acids have been reported to reduce serum cholesterol and low density lipoproteins they play a major role in controlling many physiological functions such as vascular homeostasis, Kidney function

Carbohydrates: Carbohydrates are the main source of energy, providing 4kcal/g. It is essential for

the oxidation of fats and for their synthesis of non essential amino acids.

It absorbs water and this increases the bulk of the stool and helps to reduce the tendency to constipation by encouraging bowel movements. Dietary fibers are resistant to digestion in the digestive tract. In large intestine the bacterial action causes emulsification of the fiber thus making the stool soft and passage easier. Dietary fibers are known to be associated with reduced incidence of coronary heart diseases by reducing cholesterol level in circulation

Vitamins:

- It contributes production of retinal pigments, which are needed for vision Essential for maintaining integrity and normal functioning of glandular and epithelial tissue which lines intestinal, Respiratory and Urinary tract as well as the skin and eyes.
- It supports growth especially skeletal growth. It is anti infective
- It may protect against some epithelial cancers such as bronchial cancers.

Nutritional problems:

1. Low birth weight
2. Protein energy malnutrition
3. Xerophthalmia
4. Nutritional Anemia
5. Iodine deficiency disorder
6. Endemic Fluorosis
7. Lathyrism

Nutritional factor in selected diseases:

1. Cardiovascular diseases
2. Diabetes
3. Obesity
4. Cancer

Free Radicals means:

An atom or group of atoms with at least one unpaired electron; in the body it is usually an oxygen molecule that has lost an electron and will stabilize itself by stealing an electron from a nearby molecule.

The human body is composed of different types of cells. Cells are composed of different types of molecules. Molecules consist of one or more atoms of one or more elements joined by chemical bonds.

How Free Radicals are formed:

Environmental factors such as cigarette smoke, air pollution, radiation and ultraviolet light can also cause free radicals to form. Because free radicals lack an electron, they are unstable and highly reactive. As a result of their instability they steal electrons from other cells. This in turn destabilizes those cells, turning them into free radicals. This can cause a chain reaction which can occur indefinitely, causing destruction to the body as cellular damage accumulates. Some free radicals arise normally during metabolism. Sometimes the body's immune systems cells purposefully create them to neutralize viruses and bacteria. To prevent free radical damage the body has a defense system of antioxidants.

Free radicals enter our bodies as we breathe in polluted air and cigarette smoke, and are generated during prolonged stress or illness and through every metabolic reaction involving oxygen. When oxygen molecules become unstable they seek to stabilize by reacting with other chemicals. If left unchecked, this leads to inflammation and arterial wall damage. This sort of damage is the number-one cause of ageing and a significant contributor to diseases in those aged 60 or over.

Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Although there are several enzyme systems within the body that scavenge free radicals, the principle micronutrient (Vitamin) antioxidants are Vitamin E, beta-carotene, and vitamin C.

Antioxidant therapy

The free radical theory of aging implies that antioxidants such as Vitamin A, Vitamin C, Vitamin E, and Superoxide dismutase will slow the process

of aging by preventing free radicals from oxidizing sensitive biological molecules or reducing the formation of free radicals. The antioxidant chemicals found in many foods are frequently cited as the basis of claims for the benefits of a high intake of vegetables and fruits in the diet. Antioxidants are intimately involved in the prevention of cellular damage.

Antioxidants and malady Prevention:

- Heart Disease Vitamin E may protect against cardiovascular disease by defending against LDL oxidation and artery-clogging plaque formation.
- Cancer Many studies have correlated high vitamin C intakes with low rates of cancer, particularly cancers of the mouth, larynx and esophagus.

Eat Your Fruits and Vegetables:

The antioxidants are believed to help protect the body from free-radical damage. Other chemicals and substances found in natural sources of antioxidants may also be responsible for the beneficial effects. The best way to ensure adequate intake of the antioxidant nutrients is through a balanced diet, fruits and vegetables per day.

Vitamin E: d-alpha tocopherol. A fat soluble vitamin present in nuts, seeds, vegetable and fish oils, whole grains (esp. wheat germ), fortified cereals, and apricots. Current recommended daily allowance is 15 IU per day for men and 12 IU per day for women.

Vitamin E The most abundant fat-soluble antioxidant in the body. One of the most efficient chain-breaking antioxidants available. Primary defender against oxidation, lipid per oxidation (creation of unstable molecules containing more oxygen than is usual).

Vitamin C The most abundant water-soluble antioxidant in the body. Acts primarily in cellular fluid of particular note in combating free-radical formation caused by pollution and cigarette smoke.

Vitamin C: Ascorbic acid is a water soluble vitamin

present in citrus fruits and juices, green peppers, cabbage, spinach, and strawberries..

Beta-carotene is a precursor to vitamin A (retinol) and is present in liver, egg yolk, milk, butter, spinach, carrots, squash, tomato, and grains. Beta-carotene is converted to vitamin A.

How Antioxidants May Prevent Against Free Radical Damage

The vitamin C and E are thought to protect the body against the destructive effects of free radicals. Antioxidants neutralize free radicals by donating one of their own electrons, ending the electron-"stealing" reaction. The antioxidant nutrients themselves don't become free radicals by donating an electron because they are stable in either form. They act as scavengers, helping to prevent cell and tissue damage that could lead to cellular damage and Free-radical theory

Help in preventing disease

Antioxidants are also thought to have a role in slowing the aging process and preventing heart disease and strokes. Therefore from a public health perspective it is premature to make recommendations regarding antioxidant supplements and disease prevention.

Hard exercise can increase oxygen utilization from 10 to 20 times over the resting state. This greatly increases the generation of free radicals, prompting concern about enhanced damage to muscles and other tissues.

Regular physical exercise enhances the antioxidant defense system and protects against exercise induced free radical damage.

Herbs which helps to protect the body cells from the bad effects of oxidation. Factors like stress, aging and pollution causes high level of free radicals in body which damage DNA and causes heart-diseases or cancer or stroke. Substances like vitamin E, vitamin C, or beta carotene (An isomer of carotene that is found in dark green and dark yellow fruits and

vegetables) act as anti-oxidant nutrients in the body. Vitamin E and beta-carotene protect cell membranes and vitamin C removes free radicals from inside the cell.

Antioxidants work in several ways:

They may reduce the energy of the free radical, stop the free radical from forming in the first place, or interrupt an oxidizing chain reaction to minimize the damage caused by free radicals. All living organisms maintain a reducing environment inside their cells; all cells contain complex systems of antioxidants to prevent chemical damage to the cells' components by oxidation.

These antioxidants include glutathione and ascorbic acid and are substrates for enzymes such as peroxides and oxidoreductases. Antioxidants are widely used as ingredients in dietary supplements used for health purposes such as preventing cancer and heart disease.

Antioxidants can be water or fat soluble. The richly pigmented plants prove to be the easiest way to discover and track down where real antioxidant values are to be found. Super foods (Type of food believed to be especially good for human health, for example due to high vitamin, antioxidant often used in smoothies and health drinks for its nutritional and antioxidant properties) to goose berries (Amalaki) to spirulina to blue-green algae to marine phytoplankton all contain extraordinarily-rich antioxidant content.

Free radicals what it does in the body:

Antioxidants are known to stop runaway free radicals. Free radicals behave like bad drunks because they create problems in every cell they touch. Free radicals are aggressive oxygen molecules that oxidize and damage tissue. Free radical damage has been implicated in numerous symptoms ranging from skin wrinkles all the way to cancer.

According to the free radical theory, the more antioxidants you consume, the better, due to the

ability of antioxidants to quench and deactivate free radicals.

Not only antioxidants capable of quieting free radicals, some antioxidants having medicinal value. Vitamins A, C, and E are considered antioxidants. Tocotrienols are more powerful Vitamin E antioxidants than tocopherols.

Richly pigmented foods such as raw fruits, vegetables, and super foods (goji berries, cacao nibs, acai, camu berry, spirulina, blue-green algae, marine phytoplankton, etc.) as well as raw fats and oils (nuts, seeds, olive oil, flax seed oil, hempseed oil, etc.) are all powerful antioxidants

Defense of the Immune System – Antioxidants

One of the best ways our body deals with attacks on the immune system is with its own natural antioxidants. When a virus or pollutant enters the body these antioxidants work by attacking them to stop them damaging the body. As the name suggests they do 'anti' or the opposite job to the attackers.

Our bodies contain natural antioxidants in the form of vitamins, minerals and hormones, but due to the increased stress modern society puts on us it can be good to take in more in our diet.

Antioxidants are natural substances that may slow or prevent damage to the body's cells. They are thought to protect the cells from these unstable molecules by reacting with them

Antioxidants prevent free radicals from damaging cells by donating electrons to the free radicals, thereby stabilizing them. When an antioxidant loses an electron, it remains stable and thus does not itself become a free radical. Therefore, a diet rich in antioxidants could be beneficial to health.

Citrus: A variety of flavonoids are found in citrus fruits, including grapefruit. Antioxidant activity and an ability to increase intracellular levels of vitamin C.

Carotenoid: Any of a class of yellow, orange, red, and purple pigments that are widely distributed in nature. Carotenoids are generally fat-soluble unless they are complexed with proteins. In human nutrition, carotenoids, as antioxidants, serve to protect cells from the danger of free radicals that may be produced by the body during metabolism

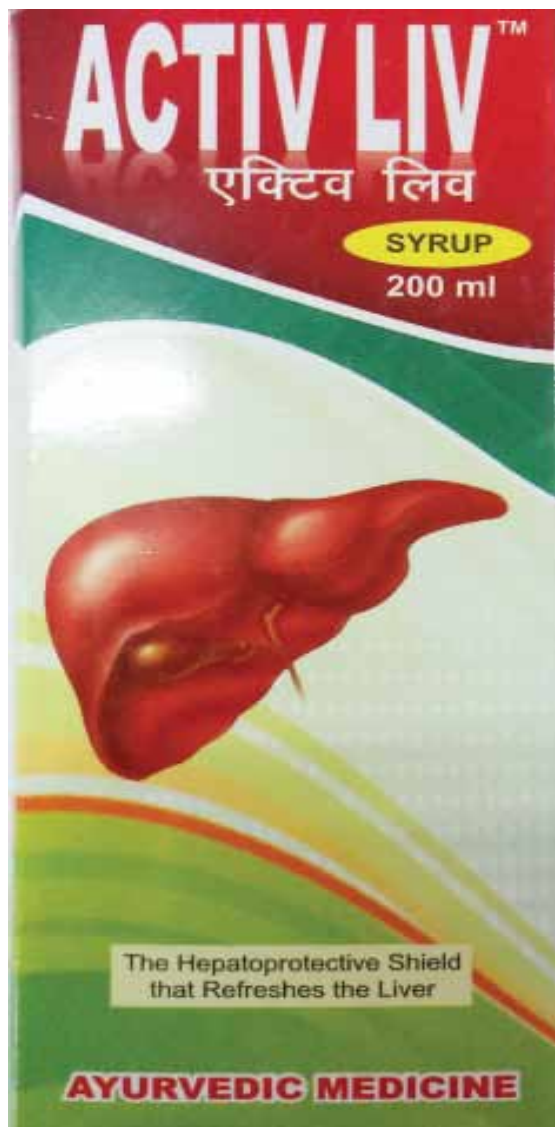
Discussion:

- Free radicals in body may form because of Environmental factors such as cigarette smoke, air pollution, radiation, improper metabolism, prolonged stress etc produces destruction to the body and as they act as scavengers, helping to prevent cell and tissue damage.
- The different nutrient in the form of Proteins Vitamins a Carbohydrate will acts as Antioxidants and does the prevention of cellular damage.
- Regular usage of appropriate nutrient in the form of Green leafy Vegetables, Fruits Moderate exercise, proper diet, Rest etc will help in preventing the formation of Free radicals in the body.
- Antioxidant helps in preventing Heart diseases, Cancers and many other diseases.
- They enhance Defense of the Immune System, Nourishes the cells and tissues and extends early Ageing.

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Lets Introspect !

(Chintan)

Globally it is good that the modern medicine (Allopathy) is practised as a proven & popular scientific entity shouldered by surgery growing with technological advances. Gradually in the last half a century it has not only bypassed but surpassed the ages old traditional medical systems of many a countries & India is no exception.

As we are from one of the oldest rich civilisations of the world witnessing historical upheavals because of wars as well as climatic changes while Ayurvedic medical system rockstood. Our ancient system supplemented by Yog had been the essence of our fore-fathers' health. This served the generations healthy as well as longer life with less ailments at low cost.

Now a days world class medical facilities are available specially in metro cities with super speciality doctors with efficient infrastructure. Simultaneously educated patients having enough awarness & resources are equally there. Even then morbidity or various co-morbid conditions along with complications are picking up at near unaffordable pinching cost. These disorders are not cured evenly but only controlled oddly.

Introspecting, it is well said that earlier the health status seemed better bearable to the poor & rich.

Focussing all aspects & retrospecting, what are the ways necessary now where wisdom should prevail for less occurrence of diseases, less severity, less complications, less period of convolascence as well as less affordable means.

For this the traditional medical system is to be incorporated based on ethical & scientific grounds considering individual's **constitution** (prakriti), effects of **climate** with available regional **crops**.

In present day scenario the holistic medicine is the need of the hour, the right answer to evolving viral and auto-immune menifestations.

Management by means of **methods** (preventive dos & donts, use of home remedies), **medicines** (Ayurvedic / Allopathy) and **meditation** (Yog).

As every medical science has its own limitations so the better from the other system may be supplimented. So a genuine approach of endeavour will cut down individual's expenditure & national economy boosting sound health for all.

Dr. Dinesh Vasishth

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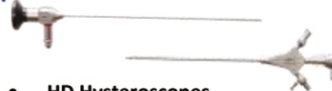
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