

Reproductive Health &
Family Planning

Varsha-Hemant 1997-98

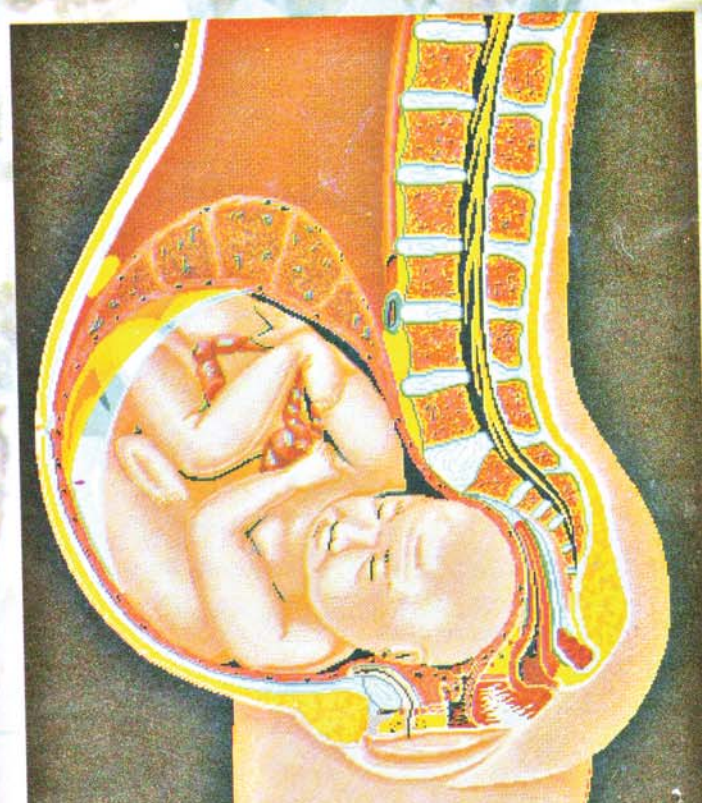
Bimonthly

Jeevaniya

Health Care Magazine

- Nature Cure of Leucorrhoea
- Prevention from Cancer

- Planning your Family
- Means of Family Planning
- Pill: Empowering the Women



Rs. 18

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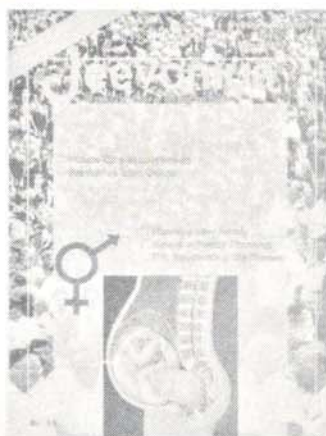
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— Editor

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People's Representatives in Family Planning

Though in our country the ratio of women as compared to those of men is going down yet about 50 per cent of our population comprises women. However, on the one hand, their health problems, especially those that are related to reproduction are not properly taken care of, and on the other hand, most of the family planning devices are centred around women. Since during most of the time in a woman's life, right from the beginning of menstruation to menopause, union with a male presupposes conception, women's reproductive health is also related with their sexual rights. In fact, even after menopause, women's health problems are often related to the problems of reproductive tract and its associated functions.

Our scriptures treat sexual intercourse at par with religious ceremonies, with its chief aim as creation of offspring. If this idea is adhered to then it can help a lot in keeping the family limited. However, it is not feasible most of the time, hence devices of family planning are necessitated. The society being male-dominant, wherein women are neglected and treated as a 'commodity', most of the means of family planning have been developed under this perspective, centering their thrust on women. Although this physiological fact is also important that it is comparatively easier to stop the fruition of a single ovum entering the uterus during a certain period of the month than either stopping the formation of millions and billions of sperms, their sterilisation or obstructing their arrival in an active form into the female uterus to reach the ovum. Moreover, it is also important to ensure that any such means have no ill-effects upon men and women.

In spite of above, among the various available means utmost stress has been laid to programmes of vasectomy (or female tubectomy), copper-T loops and contraceptive pills for family planning. Methods of spacing, condoms, Jelly cream and other methods have not been duly tried according to their merits, whereas the various means should be encouraged in corresponding different circumstances. Though abortions have gone up since the legalisation of abortion, yet in many of the cases there is a blatant misuse of the facility. Women must have the right of abortion on medical or humane grounds but abortion for family planning cannot be regarded as anything but crime. Especially the rising tendency of having abortion in cases of female foetus should be immediately curbed effectively. For this a law must be enacted on priority. Most of the Indian women are weak due to malnutrition and over and above, frequent conception and abortion especially exert adverse effects on their health.

Another important cause of the failure of family welfare is the absence of proper care of child health, nutrition and education resulting in high infant mortality rates. Thus, the couples in most of the states do not want to limit the number of their offsprings.

Thus, it is clear that the family planning programme cannot be made effective without linking it with children and reproductive health of women. Recently, the government of India have introduced radical changes in family planning programmes wherein these have been linked with reproductive health and also rendered free from the minimum number of cases as targets. The way the targets have been recommended to be linked with the community reality, they may yield far-reaching results, provided the people's representatives truly cooperate in the family welfare programmes.



Readers' Forum

Dear Editor

I received Jeevaniya and read it. I am really very much thankful to you for sending to me this health care magazine regularly. I appreciate your efforts for publishing this bi-monthly magazine for the benefit of the readers. My good wishes are always with you and the other members of Jeevaniya Parivar.

Vd. Madgeri, Bombay

I have gone through a copy of your health magazine. I believe that I am privileged to have subscribed Jeevaniya. I am by profession a practitioner of Allopathic System of medicine. Recently, I have started practise and hope that this health magazine would surely give me valuable information.

Dr. Neeta Agarwal, New Delhi

I have been involved in rural development programme for the last few years. Our present organisation is interested in promotion of rational drug use. I understand that your society is also engaged in publishing useful reading material on health. We are very much interested in procuring all such material to make our programme successful. We have designed the programme for the benefit of the backward rural people.

**Dr. Kartick Pramanik,
24 Parganas**

We welcome your interest in our publications. You may have observed that Jeevaniya is published both in Hindi & English. Our wall papers and other materials are widely used by various NGOs in promoting their health care programmes.

Editor

I am very much thankful to you for sending a few copies of Jeevaniya. You really deserve my hearty congratulations for bringing out such an excellent magazine. Although I have been practising modern medicine for a long time but I have always been interested in ayurvedic system of medicine. I want to subscribe this health magazine.

**Dr. Mukund Bahete,
New Delhi**

We are very much aware of the interests of practitioners of modern system of medicine. Besides, we also acknowledge the global resurgence of interest in local health traditions. In order to provide a common platform to the practitioners of different systems of medicine to share their experience, we have taken this initiative.

Editor

I would like to congratulate you for bringing out such a good edition Hemant-Shishir. It is a wonderful experience to go through this magazine. I have

learnt a lot from the regular column 'Granny's Prescriptions'. I understand that our indigenous system of medicine is based on different herbs and these have a lot of scope.

Dr. Durga Dutt, Hissar

I have been an intensive reader of Jeevaniya health care magazine, I have found it very good and useful magazine. I have even tried some of the simple tips for prevention of common diseases. I have noticed a remarkable change in the contents of the magazine. You have started giving a wide coverage to health news. I have liked this column.

K. M. Prabhakar, Karnataka

Recently, I learnt of your magazine which drew my interest. I am also trying to promote the local health traditions. The objectives of your organisation conform to the most popular slogan 'Health for All'. You are really doing a great effort especially for the vast majority of rural population.

T.J. Mathew, Kerala

I am a postgraduate student of Siddha Medical College I came across Jeevaniya in my college library. I believe it will serve as a valuable reference material for my academic purposes. Now I want to have all its issues.

Dr. Romesh Chandra, Orissa

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Nail polish may be harmful



Generally chemicals are used in manufacture of cosmetics. Acetone is mainly used in nail polishes. This chemical causes small red blisters on the skin on contact. Other chemicals present in nail polish may reduce softness of nails and turn them whitish or yellowish while removing natural lusture. Nails breaks easily as they become brittle due to these chemicals. Scientists say that some aromatic chemicals may reach even to the blood through respiration causing headache, burning in eyes & lungs, coughing, anxiety and insomnia. Nail polish may prove harmful to others also due to mixing in food while preparing.

Phenol and toluene are also used in some brands of nail polishes. Phenol is highly carcinogenic and may cause burning and swelling of skin and acnes. Toluene causes burning sensation, headache, dizziness and lack of appetite. Other chemicals used in nail polishes may cause itching and may prove harmful even to heart and liver.

Mental and physical retardation claims one infant every 20 minutes

Every 20 minutes, a child is born in India with Down's syndrome - a disease characterised by mental and physical retardation - even when a blood test in the early stages of pregnancy can help detect the disease.

Lack of knowledge among couples about genetic counselling has resulted in the birth of tens of thousands of Down's syndrome affected children. Prevalent customs of marriage in near relatives in several parts of our country may also be the cause.

According to a report prepared by the genetic

unit of the department of paediatrics in the All India Institute of Medical Sciences (AIIMS), all pregnant women should undergo a blood test between 15 and 18 weeks of pregnancy to detect this disease.

AIDS sperading fast

Altogether 3,551 full-blown AIDS cases have been reported in the country till the end of May, 1997 ever since the dreaded disease first struck in 1986.

A total of 56,409 persons have been found to be HIV sero-positive in the country during the same period, according to the consultant of the National AIDS Control Organisation, Dr. D. Sen gupta.

A most disturbing trend is that 89 per cent of the AIDS patients were in the economically productive age group of 15 to 45.

At present AIDS clock installed at UN headquarters in New York show that new infection takes place in every 10 seconds. Curse of AIDS has become a big threat to children. According to UNAIDS since the begning of this epidemic nearly 2 million HIV positive children have been born to infected parents. It is estimated that by the end of 1997 1 million children under the age of 15 years was living with infection and suffering from it. According to UNAIDS executive director Peter Piot if this trend is not rapidly contained the gains made in reducing infant and child death rates will be reversed.

Alcohol may cause sugar shortage

Alcohol is known for causing various ills in our body. It wrecks one final a 9Hform of havoc in our bodies by depleting blood sugars, causing a condition known as hypoglycaemia. This is why you feel wobbly and feeble with a hangover. Alcohol causes glycogen, the substance that serves as a sugar store in the liver, to break down during an evening's revelry.

Glycogen is rapidly converted into glucose, which is then peed out, leaving you lacking your normal reserves of energy. Compounding this lethargy, the acids produced when alcohol breaks down can build up in the blood and cause muscular weakness, turning your body into a jelly-like wreck.

Breast implants : beauty or health?

Despite the fact that silicone implants have been a cosmetic surgery option for three decades, no one knew how frequently they leak or rupture and, more important, whether they trigger connective tissue and auto-immune disorders. Even the 1992 ban by the U.S. FDA on the use of these implants - save for clinical trials - left a lot of loose ends.

New research suggests that silicone is not inert in the body. Silicone implants have higher-than-normal levels of anti-nuclear antibodies (ANA), a sign that the immune system is attacking body cells. Still, in a prospective study of breast cancer patients that matched 250 women with 308 silicone implants and 408 surgical patients without implants, only one patient in each group developed a documented auto-immune disorder.

Some women who decide to get rid of the silicone devices can have them replaced by saline implants (which are also now under investigation by the U.S.F.D.A.). Saline is biocompatible, but the shell is a rubbery form of silicone. "If a woman has a very 'excitable' immune system, her body may not tolerate that either," warns rheumatologist Frank Vasey of the University of South Florida. Like their gel-filled counterparts, saline implants block breast tissue during mammography. Also troubling are reports of infections, which can occur with saline and silicone implants because the shell is an imperfect barrier.

Foetal cells trigger fatal disease in women

Scleroderma is often severe and sometimes fatal autoimmune disease. A recent study suggests in some women that scleroderma might be caused by foetal cells which enter the women's body during pregnancy and persist for many years. The finding may explain why scleroderma predominately affects women and typically develops after the childbearing years.

Scleroderma is a condition in which there is

an abnormal buildup of fibrotic connective tissue in the skin and other tissues and organs. An early manifestation of the disease is a thickening and welling of the skin, but the disease also commonly involves the heart, lungs, kidneys and the gastrointestinal tract. The disease affects women about four-times more often than men.

Scleroderma can vary in severity. Some cases are relatively mild, others become progressively worse over many years, and some cases progress rapidly leading to death due to organ involvement within only a few years after the first symptoms appear.

Researchers believe immune cells, which invade the affected tissues and release inflammatory chemicals and growth-factors, trigger the formation of the abnormal connective tissue. But why the immune cells behave the way they do is a mystery. To date, no one has found a treatment that can reliably halt the progression of the disease.

IFFCO celebrates
50 years of freedom and



years of green revolution!

Set up 30 years ago, IFFCO today is the largest producer of fertilizers in India. With four efficient plants at Kalol and Kandla in Gujarat; and Phulpur and Aonla in Uttar Pradesh. The Kalol unit has been awarded ISO 9002 certificate by Bureau Veritas Quality International, Vienna.

IFFCO has formulated an action plan VISION 2000 with a view to become the largest producer of fertilizers in the world. Through the modernisation and expansion of its plants at Aonla, Kalol,

Kandla and Phulpur with a total planned outlay of Rs. 3457.49 crore for the 9th plan, it is well on its way to realize VISION 2000.

IFFCO has helped Indian farmers reap bumper harvest year after year. It is truly the pride of Indian farmers. Because it gave farmers freedom from barren lands and low yields.



INDIAN FARMERS FERTILISER COOPERATIVE LIMITED
34, NEHRU PLACE, NEW DELHI.

Herbs against mosquito

Dengue has created panic previously in several parts of our country. A new technique has been developed to kill the dengue causing *Aedes aegypti* mosquitoes. Rays emitting from dried marigold flowers dipped in 100 per cent alcohol and ground into a fine paste can keep the deadly mosquitoes at bay. Arun Patnaik of the Indian Institute of Sciences, Bangalore, who has done a detailed study on the behaviour of these mosquitoes, claims that the simple paste kept in a room can kill both the mosquitoes and its larvae within its 15 metre radius. The concoction is best effective in sunlight as the sun's rays help releasing Alpha-T and Enithrocin which is the best insecticide available. Above all, "it is biodegradable and has no side effects," he says.

Patnaik has also come up with home remedies to prevent mosquito bites. He says by applying haldi powder (turmeric) on exposed areas and then washing it away with water while bathing can prevent mosquitoes bites. Another technique is by mixing a few drops of neem oil in the kerosene lamp before lighting, can also kill all kinds of mosquitoes within a radius of 15 metre.

Infidelity in males

Scientists have found out what may drive a normally monogamous male to chase any available female and neglect his family : the sex hormone testosterone. The research involved studying dark-eyed juncos, a sparrow-sized species of bird that commonly breeds in Canada and mountaineous parts of America, over four years. The juncos were caught in early spring, just before breeding. They were banded and a blood sample taken to determine paternity.

The team also suspects that this is why high testosterone males, when compared to normal males, produced fewer offspring with their own mates but more offspring with the mates of their neighbours. Human males are no doubt also influenced by testosterone, but whether in the same way as dark-eyed juncos is open to question, said Prof. Ellen Ketterson, who undertook the study at Indiana University with Samrah Raouf and Prof.

Val Nolan.

Modulating immune system for bronchial asthma cure

Called 'Spenglersan colloids', after Dr. Carl Spenglersen, who propounded the theory towards the end of the 19th century in Gemamy, the drugs are also meant only for percutaneous applications, they have to be applied in a special manner in a special place - inside of the elbow, to be rubbed dry by the ball of the thumb.

A highlight of the new drug system is that it operates by modulating the immune system using a combination of protein strains of killed bacteria. For each ailment, a different group of antigens are used. The drug system is based on a theory that all infectious diseases are probably mixed infections requiring immunological therapy consisting of a mixture of antibodies.

Hepatitis B vaccine from silk worm

The silkworm known for its rich silk can now be manipulated to produce a vaccine for hepatitis B, according to the scientists from Indian Institute of Sciences, Bangalore. They have made the silkworm express an antigen for hepatitis B, which is a blood-borne viral infection. The studies are only at the laboratory stage and the scientists are trying to optimise the level of expression of the antigen. First, they introduced a gene for the hepatitis virus's antigen into a baculovirus that is known to infect silkworms. This served as a vehicle to carry the antigen gene into the silkworm. Inside the silkworm, the gene is integrated with the worm's genetic material making it produce a large amount of hepatitis antigen.

Corrigendum

Name of Anju Vishnoi & Anubha Shukla has been wrongly mentioned for cover design.

Cover Design of this issue was prepared by Mr. Ali Kauser.

We seriously regret the error.

Editor

Hormone Therapy for Women

Menopause which means literally stoppage of menses and fertile period of a woman's life. It causes certain psychological and physical changes which may include hot flashes, vaginal dryness or loss of bone density etc. Hormone replacement therapy has been much debated issue to prevent or cure these post menopausal symptoms. It is now accepted in many affluent circles. However, continuous monitoring by expert physician is not ruled out during hormone replacement therapy.

Most post-menopausal women are helped by estrogen replacement therapy. However, before the therapy is recommended, it is essential that every woman undergoes a thorough health check up, to rule out or detect any existing medical condition. A gynaecological examination as also of the pelvic organs and the breast should be done. The special investigations which are ideal are, an ultrasound examination of the pelvis and abdomen, a "pap" smear for screening of uterine cancer.

Every woman, after the age of 45, suffers from the effects of estrogen deficiency, as a result of her failing ovaries. The need to replace the hormones is assessed for each individual and the type and dose of hormone is worked out.

HRT must be started soon after menopause. The first few years- post-menopause, are the period of maximum bone loss. It is never too late to start HRT. Even an older woman who has suffered a fracture may choose to start HRT.

Preparations of both hormone estrogen can be given continuously, in women who do not like to have the monthly periods. In a woman who has had her uterus removed, estrogen tablets are most suitable. The best form of hormones are those that are known as, naturally occurring hormones, similar to those produced by the body. This prevents side effects. The transdermal therapy is suitable for women who do not wish to take the tablets or who fail to take them regularly.

Hormone replacement therapy must be supervised. The patient has to see the doctor for three months after the first prescription, to check for compliance. There are many women who may

stop the tablets because of the inconvenience of monthly periods. Every woman, whether on HRT or not, requires a six monthly or yearly check up, for screening for breast, uterine or ovarian cancer.

It is generally accepted that five years of HRT prescribed, soon after menopause, will reduce the risk of fracture of the vertebra and hip by 50 per cent. If given for ten years, it might reduce the fracture risk by as much as 75 per cent.

Women who are satisfied with the therapy and feel well on it often want to continue. These are usually women who have had a hysterectomy. The major concern about long term use of HRT revolves around the risk of breast cancer.

All post-menopausal women should be given an adequate intake of calcium with vitamin D3. Other supplements like zinc, magnesium and selenium have been found beneficial. There are certain alternative anti-resorptives of bone, which are available and beneficial in cases of established osteoporosis. They may help in reducing the incidence of fractures in women with established osteoporosis. They are now available in India, though expensive. Severe bone and muscle pain is experienced by post-menopausal women with long standing estrogen deficiency.

The treatment is given as daily injections for quick relief and later as maintenance dose. There is a dramatic relief of bone and muscle pain. Pre-menopausal women and post-menopausal women should be educated on the problems of menopause and be offered the benefits of HRT.

Hormone replacement therapy should generally be avoided in women having history of breast cancer or cysts, vaginal or ovarian cancer, diseases of liver, kidney or pancreas, certain type of heart diseases, diabetes, high blood pressure, migraine, gall bladder diseases etc.

Rainy Regimen

Vd. Ramanand Mishra, Lucknow

Ayurveda has formulated dietetics and regimen, which if followed properly, preclude pathogenesis, without spending any extra money. One who always takes wholesome meal and observes salutary regimen, whose efforts are only after much forethought, who is not attached to the objects of sense-organs, such a one does not get ill. Wholesome diet and regimen should be according to the person's temperament and seasons. Such wholesome regimen and dietetics, which if observed in the rainy season, keep one free from the rainy-seasonal diseases. This is called Varsha Ritucharya (The Rainy Regimen).

The seasons affect plants, men and other beings in various ways. Due to this, their biological functions are subject to change affecting their health. According to these changes, they remain healthy or become sick.

Diseases of the Rainy Season

The rainy season predominates in humidity. Cool, easterly winds blow, quantum of water is enhanced, the sky remains overcast. Due to these reasons, Vayu remains exacerbated and Agnis are emaciated. This diminishes the human immunity against the diseases. Due to this and proliferation of worms, bacteria

and viruses, the man may be prey to a number of diseases. The atmosphere being humid and cold Shwasa-Kasa (asthma), coryza, Arochaka (indigestion), laziness, bodyache and boils and various skin diseases appear. Among these, many become contagious. The number of diseases occurring in the rainy season exceed all other seasons. To avoid these, Ayurveda has prescribed season-bound dishes and regimen as well as do's and don't's.

Diet

In the rainy season light appetizing and easily digestible things like old rice, wheat and moong should be taken. The diet should be sour, salty and lubricated (with oil or clarified butter). Punarnava, Lata Karanj, brinjal, Parval, Bael, Rasna, garlic, onion, asafoetida, cumin and ginger should be included in the meals. Honey should be freely used. So much so that it should be added to all the dishes. On predominantly rainy and windy days dry, light, hot, lubricated, salty and sour things should be taken. Well and pond water should be used for drinking purpose only after boiling and cooling.

Vihar or Regimen : During burning sensation in stomach and other signs of Pitta, purgation should be resorted to. If the Pitta does not subside then it vitiates

the blood and consequently diseases of blood like weakness, headache, burning after meals, sour belchings, tiredness, hoarseness, laziness and sleepiness occur. To avoid these Rakta-Pitta destroying devices like purgation, fasting and blood-letting should be adopted. To avoid the skin-diseases body should be dried by scrubbing with a dry towel. Wet garments should not be put on. Oil massage and bath should be taken, flower garland and scented things should be used. Aloe, incense sticks should be burnt and walking is to be avoided. The place of living should be free from infestation of snakes, scorpions and centipedes. The living rooms should be smokeless. Light, dry and clean clothings should be put on.

Prohibitions : Sattoo (coarsely ground parched grains, especially of barley) is forbidden in the rainy season. Sleeping during daytime, sleeping, sitting and walking under the open sky, while dew is falling, is harmful. Drinking the river-water or bathing in it, exercise, sitting in the sun and intemperate intercourse are prohibited. By following the above rules the rainy diseases could be obviated.

Sharad Regimen

Vd. Narayan Dutt Mishra, Lucknow

After Varsha Ritu comes Sharad. In this season, the Sun is still hot and the body vitality in all the animals is medium. During this season, the Pitta is vitiated due to which blood is also polluted and diseases related with Pitta and blood occur frequently. Sharad Ritu occurs during Ashvin and Kartik months (16th September to 15th November).

Vitiation of Pitta : After Varsha, when the sky is free of clouds, due to hot rays of the Sun, the Pitta accumulated in the body gets vitiated. The blood also becomes polluted due to excess of Pitta. Often in this season fevers, boils and abscesses or the ailments related to Pitta and blood are of common occurrence. Skin diseases like scabies and prurigo are also frequent.

The season has been considered to be best for Rakta Mokshan (blood letting therapy). By this, the amount of polluted blood in the body is reduced, new blood forms and body gets rid of many diseases.

Recommended Diet and Practices : During Sharad Ritu, food should be taken only when one is quite hungry. The food should be sweet, light and bitter in taste. Preferably such food should be taken which destroys Pitta. Use of Harad (*Chebulic myrobalan*) is especially beneficial in this season. Harad should be taken with sugarcandy

and coriander. Aonla (*Embllica*) with sugar is also beneficial.

During this season, preparations of wheat, Jowar (millet) and cow's milk, curd, butter, ghee, cream, Shrikhand etc. are preferable.

Amongst vegetables, leafy vegetables, bottle gourd, Taroi, cauliflower, radish, spinach, should be used. Use of lentil pulse and beans is recommended. Among fruits pomegranate, banana, etc. are considered to be good for health.

For the non-vegetarians, consumption of the meat of wild animals and birds is good, especially the meat of owls, rabbits, goat and fish should be used. Cold items like raisins, fruit of lotus (*Kamalhatta*) etc. which act as Pitta reducers should also be made a part of the food. During this season, use of items with astringent, sweet, and salty tastes and cooling effect are useful.

Morning Breakfast : The breakfast should be light, enriched with snacks of sweet taste (*Rasa*) and easy to digest. A glass of milk can be taken. Wheat porridge (*Dalia*) in the morning breakfast is beneficial. Roasted bread with butter can also be eaten.

Mid-day Meals : In the mid-day meals chapati, lentil pulse or Masur dal, rice, vegetables like bottle gourd, cauliflower, beans, parval, fruits like banana and pomegranate should be

used. Non-vegetarians may take fish or goat or rabbit meat.

Evening Tiffin : Besides those who like fruits can take banana, sweet apple or pomegranate etc.

Dinner : Should be light, easily digestible and freshly prepared. Stale food should be avoided.

Prohibited Food and Regimen

Because the Pitta and blood is polluted during this season, the food and activities which pollute Pitta should be avoided. Very hot, pungent and bitter food should not be taken. Keeping awake till late night and sleeping during day time is bad for health. Tiring work or heavy exercises should be avoided but normal exercise should be continued. One should not sit in the sun for long and excess of sex should be avoided.

During Sharad Ritu, use of buttermilk is considered to be harmful. Garlic, brinjal, bitter gourd, asafoetida, black pepper, Pippali, mustard oil etc. should not be used frequently. Heavy items made from Urad should not be consumed. Sour and pungent preparations and Kadhi should be included in the food only rarely. A person observing abovementioned Sharad regimen enjoys a good health and a happy state of mind.

The Regimen of Hemanta

The primary function of Ayurveda is to conserve the health of the healthy. A person is fully healthy only when he is physically as well as mentally and emotionally healthy. For physical health we should practice exercise and follow the prescribed daily and seasonal regimen and for mental health practice good behaviour, which is an elixir in itself, says Charaka.

The ancients have divided the year into six seasons namely Hemanta (Winter), Shishir (Autumn), Vasant (Spring), Greeshma (Summer), Varsha (Rains) and Sharad. We observe seasonal changes in the animal and plant kingdoms also. Such being the case, we human beings also undergo seasonal changes because we are also one with nature. To preempt the ill-effects of seasons, Ayurveda has prescribed different codes of conduct from morning till night for all seasons. By observing these, one will stay healthy in all seasons.

The Hemanta season falls in Agahan and Pousha (15 Nov. to 15 Jan.). This is the best season of Visarga Kala as because in this season the Pitta accumulated during the preceding Sharad season gets smothered, and no other Dosha is vitiated. The atmosphere being mild, the plants are full of Rasa (juice, sap, essence). Animals also stay hefty and as such, their milk is more nutritive

in this season. Apart from the produce of animal and plant kingdom being most nutritious during this season, the digestive fire residing in our body is also extremely acute. Therefore, human beings eat more, look happy and healthier in this season as compared to other seasons.

Diet in Hemanta

The digestion being excellent, even heavy diet is easily digested in winter. If diet is forgone for long or if the quantity is less or it is rough, bitter, pungent and astringent then the digestive fire starts digesting the Dhatus (tissues) after digesting the ingested insufficient food. So every person should decide the quantity and quality of food for himself according to his age, sex and occupation etc. In winter the food should predominate in sweet and sour tastes. Consume proper amount of sweets prepared with Ghee, oil, butter, groundnut, sesame, jaggery, Sugar etc. Wheat, rice, millet, maize & soyabean among cereals, moong, arahar, black gram, lentil among pulses; fenugreek, spinach, bottle gourd, pumpkin, carrot, tomato, cauliflower, potato, beans, peas among vegetables, and guava, banana, pomegranate, aonla, sugarcane, apple, lemon among fruits are salutary.

Do not take cold, stale and rough food. Cold drinks, ice, ice-cream, chilled water, sour curd,

tamarind, powdered mango are all harmful. Hot drinks like tea, coffee are salutary. Curd, Aonla and lemon may be used as souring agents. While preparing meals, black pepper, *Piper longum*, dry ginger, cardamom, clove, Tejpat & Dalchini should be freely used. These things not only enhance the taste but also smother Kapha & Vata.

Proper Behaviour

Rise early in the morning. Go to the open spaces for walking. Early sunrays are healthsome and should be used. Healthsome postures should be practised. Regular practice of Yoga postures lessens the extra fat and makes the body symmetric and strong. Also practice Yogic breathing.

Cracking and dryness of skin are the common complaints of winter. To preclude this, oil massage should be practised daily. This keeps the skin lustrous and gleaming and makes the muscles strong. Olive, mustard, sesame or cocqnut oil may be used for massage. Thereafter, apply unguents and wash with tepid water. Wear woollen clothes to protect the body from cold winds. Especially protect the children from cold winds. Do not sleep during the day and do not keep awake till late hours during the night.

Hazards of Spurious Food

We often watch food items being sold in the market in unhygienic conditions. Food is most commonly infected by houseflies. In households of economically poor people by rodents, fowls, poultry, and dogs. This spurious food causes food poisoning. Dr. S. C. Rai, Mayor of Lucknow has an illustrious career as a surgeon and health administrator. He has given some of the warning signals about food poisoning in this elaborate article.



Dr. S. C. Rai

We often hear the news of food poisoning, affecting large number of persons, occurring during wedding parties, community lunches and dinners, canteens, and restaurants. Such food causes a number of disorders causing diarrhoea and vomiting due to gastro enteritis.

It may be caused in children by eating unsuitable and unripe fruit. It may also be caused by spurious cold drinks, contaminated cut fruits in markets. Tinned foods if not preserved properly may also cause severe food poisoning.

Acidic fruit kept in enamel and zinc utensils may cause food

poisoning, due to chemical changes occurring between acidic foods and utensils. As we often see greenish colour when sour food thus are kept in metallic utensils.

Food poisoning may be caused by bacteria or chemicals. Bacterial food poisoning may be further divided into infective and toxic types. In the infective type of the organisms mainly responsible are of salmonella group and *Campylobacter jejuni*. Salmonella type infection is usually spread by birds, cattle, rodents etc. The domestic fowl is one of the commonest sources causing spread of diseases.

Bacteria may be transferred by flies or human carriers who unhygienically handle the food.

Meat dishes which may be cooked many times, soups, kheers and synthetic creams may cause food poisoning easily. The risk of food poisoning increases with food not properly kept in refrigerators.

Campylobacter jejuni is a bacteria which

causes entero-colitis (inflammation of small and large intestine). It may be spread by dogs, and poultry and by drinking infected milk.

Staphylococcus aureus bacteria may cause basic food poisoning which is spread by the person suffering from septic diseases. This type of infection may not be destroyed by cooking and may result in severe gastro-enteritis.

Clinical Features

Many members of the family or community may be affected simultaneously in cases of food poisoning. In bacterial poisoning, symptoms may start in 12-48 hours, whereas in chemical poisoning it starts within half an hour.

The main symptoms are nausea, vomiting, diarrhoea, and abdominal or colic pains. There may be extreme weakness, prostration and later on severe dehydration in which eye balls are sunken & skin loses its elasticity.

The patient may collapse later on with the limbs becoming cold and clammy. In infective type, symptoms are slower and patient develops fever and toxicity. The



Vomiting may be due to food poisoning

stools are watery and offensive in odour. There might be presence of mucus and blood in stools. There may also be evidence of septicaemia in other parts of body.

Botulism is rare type of bacterial food poisoning caused by toxins produced by bacterium *Clostridium botulinum*. In addition to diarrhoea and Vomitting, there may be partial paralysis of bones, eye, and respiratory muscles. Imperfectly treated tinned food or preserved fish and sea foods may be contaminated by the toxin.

Diagnosis is established by testing the stool or vomiting. It will be better to test the suspected food also. The disease must be notified to health officials.

Treatment

In less severe cases household treatment can be given at home. The patients may be given liquid food. Oral rehydration powder (ORS) or Electral solution should be given. In absence of these, a pinch of salt is added to one pint of water with a little quantity of sugar, honey or fruit juices. More severe cases should be given intravenous fluids under medical supervision. Patient can be put on semi-solid, low roughage diet like bread-butter, soft puddings or gellies. Antibiotics should not be given in acute diarrhoea. They must be given in consultation with a physician. In suspected chemical poisoning, stomach wash way be done with tepid water by the doctor.

Prevention

We must aim at improving the standards of personal hygiene. The persons handling food especially in canteens and restaurants must wash their hands after every handling. Their stool examination must be done regularly. Food, especially the non-vegetarian type, must be stored at low temperature in refrigerators. Frozen poultry must be kept at room

temperature for at least eight hours before cooking.

One must be careful in eating cut fruits or drinking fruit juices like sugarcane juice in market. Cold drinks and ice-creams must only be taken from reliable shops.

The municipal authorities must be informed in case of outbreak of food poisoning so that proper steps could be taken to stop the outbreak of such poisoning at the right earnest.

Jeevaniya Foods

Many useless colours and chemicals are mixed nowadays in various food items available in the market to make foods attractive. These chemicals and colours may prove harmful specially to children aged and sick. Health is already deteriorating due to atmospheric pollution besides use of chemical pesticides and fertilizers and we must be doubly conscious for health preservation. Vigyan Sanchar Sansthan of Banda our sister concern is providing following pickles which are prepared by using pure constituents. FPO licence has been granted for these products. Prices of 500 gm packs are as follows :

Chyawanprash	60.00	Aonla Jam	33.50
Lemon pickle	28.50	Red Chilli pickle	41.00
Mixed pickle	31.00	Ginger pickle	46.00
Karounda pickle	25.00	Suran pickle	22.50
Mango pickle with oil	28.00	Mango pickle without oil	31.00
Garlic pickle	46.00	Kathal pickle	25.00
Green chilli pickle	36.00		

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Jeevaniya Society

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संक्रामक रोगों की रोकथाम हेतु जन सामान्य से अपील

“अच्छा स्वास्थ्य मनुष्य की पहली आवश्यकता है, क्योंकि स्वास्थ्य शरीर में ही स्वास्थ्य मज-मनितष्क का विकास सम्भव है। हम छोटी-छोटी नावधानियाँ नस्वकन बड़ी व गम्भीर बीमारियों से बच सकते हैं।”

कल्याण सिंह

—मुख्यमंत्री, उ.प्र.

संक्रामक रोग क्या है

यह वह रोग है जो एक व्यक्ति से दूसरे व्यक्ति में, मच्छर, मक्खी, दूषित जल, सड़े-गले फल एवं बासी खाना खाने से संक्रमित होता है। यह रोग मुख्यतः कीटाणुओं, जीवाणुओं, विषाणुओं के द्वारा फैलता है। हैजा, उल्टी, दस्त, मलेरिया, प्लेग, मस्तिष्क ज्वर, डेंगू आदि संक्रामक रोग के अन्तर्गत आते हैं।

संक्रामक रोग से पीड़ित होने पर आप क्या करें

- ☆ बुखार की दशा में ठण्डे पानी की पिट्टियां सिर पर रखें।
- ☆ उल्टी और दस्त की दशा में मरीज को उबला हुआ पानी पिलाते रहें तथा एक गिलास में एक चम्मच चीनी तथा एक चुटकी नमक डालकर पिलाने से मरीज को काफी हद तक राहत दी जा सकती है।
- ☆ प्रत्येक जनपद के मुख्य चिकित्सा अधिकारी के निवास एवं कार्यालय पर संक्रामक रोग नियंत्रण कक्ष स्थापित है, जहां पर फोन की सुविधा उपलब्ध है। किसी संक्रामक रोगी की सूचना मिलने पर तत्काल उसकी सूचना निकट के प्राथमिक स्वास्थ्य केन्द्र/सामुदायिक स्वास्थ्य केन्द्र और मुख्य चिकित्सा अधिकारी के कार्यालय में स्थापित संक्रामक रोग नियंत्रण कक्ष पर भी कर दें।
- ☆ आवश्यक औषधियाँ सभी सरकारी अस्पतालों में उपलब्ध हैं।
- ☆ संक्रामक रोग से पीड़ित रोगी के चिकित्सालय पर पहुंचने पर उसे यथासम्भव सभी जीवन रक्षक दवायें सरकार की तरफ से दी जाती हैं।

संक्रामक रोग की रोकथाम के उपाय

- सड़े, गले, खुले एवं बासी फल तथा खाना न प्रयोग करें।
- शौच के बाद साबुन से भलीभांति हाथ को धोयें।
- खाना खाने के पहले साबुन से हाथ धोकर भोजन करें। खाने के पदार्थों को ढक कर रखें, सदैव ताजे भोजन, फल एवं मिठाई आदि का प्रयोग करें।
- घर से निकले हुए कूड़े एवं अन्य गंदगी को यथासम्भव आबादी से दूर फेंकें तथा उन्हें मिट्टी से ढक दें।
- घर के आसपास पानी इकट्ठा न होने दें। उस पर मोबिल/डीजल या मिट्टी का तेल डाल दें।
- अपने घरों में उपयोग के लिए इकट्ठा जल का या तो प्रयोग कर लें अथवा उसे बदलते रहें, क्योंकि मच्छर उठरे हुए पानी में अंडे देता है।
- सोते समय मच्छरदानी का प्रयोग करें।
- कंडे का धुआं भी मच्छर भगाने के लिए लाभप्रद होता है।
- जहां तक संभव हो हैण्डपम्प का पानी पीने में प्रयोग करें। यदि हैण्डपम्प नहीं है तो आसपास के पानी पीने योग्य कुओं में स्वास्थ्य/स्वैच्छिक कार्यकर्ताओं से ब्लीचिंग पाउडर डलवाकर प्रयोग करें।
- घड़ों एवं सुराहियों में क्लोरीन की गोली: जलकर पानी का प्रयोग करें। क्लोरीन की एक गोली लगभग २० लीटर पानी के लिए पर्याप्त है।
- रोगी के घर के अन्य सदस्यों को उबला हुआ पानी प्रयोग में लाना चाहिए।



Household Remedies for Constipation & Abdominal Pain

Soma Sen & Amla Batra

Surveys were carried out within Jaipur district to find out household remedies of various ailments. During the Survey various recipes were collected which were given against the diseases like constipation and abdominal pain. Some of these household remedies are as follows:

For Constipation

- Several leaves of Rose (*Rosa damascena* Mill) is mixed with 1 tea spoonful of sugar and crushed and ground. The juice is then squeezed out of it and 1 spoonful of it is taken at night alongwith a glass of milk.
- 1 Amla (*Embllica Officinalis* Gaertn.) is dried and ground into powder. Mishri and Water are added to it. The mixture is then strained and the extract is given to the patient to drink.
- Lime Juice (*Citrus aurantifolia* is mixed with Water & given to the patient to drink at night.
- 1 Guava (Fruit) (*Psidium guajana* L.) added with a pinch of black salt is given to the patient to eat.
- Dry date (*Phoenix dactylifera* L.) is kept immersed in water in the morning, and at night it is eaten along with drinking of a glass of milk.
- Harad (*Terminalis chebula* Ritz). is lightly roasted and crushed into powder. 1 spoonful of the powder is taken with warm water in winter and 1 spoonful of it is taken with cold water in summer.
- 5 dry figs (*Ficus carica* L.) is boiled in milk and both the items are taken together before going to bed at night.
- 100 gms of fruits of Aamlaki (*Embllica officinalis* Gaertn), Harad (*Terminalia chebula* Ritz.) & Boyra (*Terminalia belerica* Roxb.) are broken into pieces and kept immersed in water in an earthenware pot overnight. Next morning the extract is decanted and given to the patient to drink.
- Black Salt, common Salt and rock salt are taken together (1 pinch each) and are kept immersed in warm water for some time and then given to the patient to drink.
- A few Monacca (*Vitis vinifera* L.) are boiled in milk and the mixture is given to the patient in the morning.
- Fruit of Amaltash (*Cassia fistula* L.) are crushed and ground and the powder thus obtained (1 teaspoonful) is given to the patient to drink with water.
- Sonth (dried rhizome of *Zingiber officinale* Rosc.) is powdered and one teaspoonful is given to the patient to take with water.
- Mustard (*Brassica campestris* L. Var. Sarson Prain) is taken in small quantity along with 1/2 teaspoon of zeera (*Cuminum cyminum* L.) are ground together and taken with water.

Abdominal Pain

- Leaves of 'Bar' (*Ficus benghalensis* L.) are warmed slightly and tied over the abdomen.
- Flowers of Aakra (*Calotropis procera* Willd) are put into water in an earthenware pot and boiled for 5 - 10 mins. After this it is strained and the extract is given to the patient to drink.
- 2 diplamool (*Piper longum* L.) are kept immersed in buttermilk for overnight. In the morning it is roasted on fire and given to the patient to eat. It is to be taken in the morning on empty stomach.
- Leaves of 'Bar' (*Ficus benghalensis* L.) are boiled in butter milk mixed with water and then tied over the abdomen of the patient.
- 1 teaspoonful of Methi

Seeds (Trigonella foenum-graceum L.) is mixed with (buttermilk and kept for some time and given to the patient. (The Methi Seeds should be chewed along with drinking of the buttermilk).

6. 1/2 teaspoon of Ajowan (Trachyspermum ammi (L) Sprague) added to 1/2 teaspoon of Sonth (Zingiber officinale Rosc). and a pinch of black salt is added to it. This is given to the patient to take with water.

Alternatively, small amount of Ajowan is kept immersed in water overnight. In the morning it is crushed and ground and given to the patient to drink with cold water.

7. A small quantity of Posta Ka beej (Papaver somniferum) taken with water after chewing in the morning.
8. Root of Aakra (Calotropis Procera (Willd) and root of Lagria (Sericostoma Pausiflorum) are ground on stone and mixed together and are given to the patient to drink with water.
9. Maror Phali (Helicteres isora L.) is kept immersed in water overnight. In the morning it is decanted and given to the patient to drink.

Stomachache in Children

Leaves of Tulsi (Ocimum Sanctium L.) and juice of ginger (Zingibar officinale Rosc) are taken in equal quantities and warmed gently and given to the child to drink.

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Seasonal Variations, & Environmental Imbalances and Epidemics

Dr. V. N. Pandey

Man is part of nature and vice versa. The biological balance among man, plants, animals and all environmental factors is a biological necessity of creation, stabilisation and destruction of life. The problem of pollution and environmental imbalance is crucial for the entire world and the situation is alarming.

According to Charaka and Sushruta the basic cause of pollution of air, water, seasons and places or zones is due to unethical and immoral corrupt practices of government officials, leaders of the society and public at large. The atmospheric changes affect the plants and animals and create pollution of air, water, earth and variations of seasons which vitiates the three Doshas viz., Vata, Pitta and Kapha.

Prodromal Causes

The stars, the planets, the moon, the sun, the wind, the temperature and the seasons exhibit abnormality thus portending abnormal seasonal fluctuations. As a result the earth fails to produce herbs having its intrinsic qualities of taste, potency, post-digestive effects and specific action, as a result a marked prevalence of diseases is observed.

Causative Factors

Though in a community the

psycho-somatic constitution of individuals may be heterogenous, other common factors which are being adversely affected, will cause simultaneous outbreak of diseases having similar symptoms and devastate whole population of that particular region.

Main Factors

The following are the main factors causing pollution which devastate a large population by vitiation :

- 1) Vayu (wind)
- 2) Udakam (water)
- 3) Deshah (particular zone)
- 4) Kala (seasons)

In Charaka Samhita Atreya has made following observations before his disciple Agnivesha, while touring the populous zone of the country of Panchala :

"Behold the stars, the planets, the moon, the sun, the wind, the temperature and the four directions are presenting their abnormal aspects, thus portending abnormal seasonal fluctuations".

As the result of this abnormality the earth will fail to produce the herbs having the right qualities of taste, potency, post-digestive effects and the specific actions. In consequence of this failure, there will ensue of necessity a marked prevalence of disease."

Symptoms of Vitiated Air

Vitiated air may be exceedingly calm or violently blowing, very rough, very cold or very hot, very dry, extremely humid very noisome, blowing from opposite, directions, sandy, dusty, smoky, miasmatic and so on.

Symptoms of Vitated Water

Vitated Water may be repulsively smelly, coloured, imbued with putrescent matter, deserted by birds and having aquatic creatures atrophied in it.

Symptoms of Vitiated Zone

The vitiated zone happens to be infested with serpents, beasts of prey, mosquitoes, locusts, flice, owls etc. and depicts uncanny colour, odour, taste and touch, abounds in weeds and incessantly barking dogs, howling jackals. In such lands morality, truth, chastity, custom, character and virtues are abandoned by the people and falling of meters, striking of thunderbolts and earthquakes are frequent. The sky is covered with dry, coppery, ruddy and grey clouds and there is a great deal of alarm, lamentation, fright and darkness.

Symptoms of Vitated Seasons

Vitated seasons exert unwholesome influence over the crops, herbs and water and their

use causes the outbreak of epidemics.

General Curative Measures

Even if all the four factors become vitated, as long as men are sustained by ayurvedic medicines, they will remain free of disease.

Catursvapitu dustesu Kalantesu yada narah

Bhesajenopapadyante na bhavantyaturastada.

There is no fear of diseases to those persons who are served with Ayurvedic medicines, that have been culled before the onset of pollution on the four factors mentioned above.

Specific Curative Measures

Those persons living in such

polluted area and in polluted atmosphere who are neither destined to die, nor indulging in immoral unethical activities, the quinary (Pancha) purification procedure (consisting of emetics, purgatives, dry and unctuous enemata and errhines (Nasya), is said to be the best medicament.

Use of Rasayanas

The use of vitalising medicines is recommended for the people mentioned above and the maintenance of the health by means of the medicinal herbs culled before the process of pollution has set in is also recommended.

Achara Rasayana

Truthfulness, compassion for creatures, charity, sacrifice, worship of Gods, observance of right conduct, tranquility residing in a wholesome zone, company of wise, consulting the scriptures and great and self restrained sages, constant association with the righteous, the well dispositioned and those who are approved by the elders-all this with a view to preserving life has been indicated as medicine to those who are outlive the terrible times.

Sa yam bhue daya danam balayo deva arcanam, sadvr asyanuvr isca prasamo gup ira manah.

New scientific findings on the simplest massage

Several new studies have been done on the therapeutic advantages of massage. Benefits such as reducing stress hormones and boosting immune responses are placing a new light on massage, an ancient practice enjoyed in cultures around the world. In India and Asia, mothers have had a tradition of massaging their infants with daily rubdowns of light oil. Now scientists are discovering what mothers always knew-that a massage is actually good for babies in a physiological way. It seems premature infants, who were massaged in a study, gained weight almost 47 per cent faster than those who were not. Other findings include :

Abdominal surgery patients recovered twice as fast after massage. Wound healing was accelerated and there were fewer complications in general. Cancer patients who had massage therapy while undergoing bone marrow transplants were much less anxious and fatigued than those who did not.

Immune systems were enhanced after massage. In a large comprehensive study at several corporations, a group of workers went on the usual 10-minute coffee break at the office. Another group of workers took a 10-minute massage break, having the head, neck and shoulder region worked on a typical area to collect and retain tension. Not only did the massaged group report fewer headaches, less fatigue and a better ability to concentrate afterward, but they had a dramatic increase in their immune response. There was a higher concentration of immunoglobulin 'A', an infection-fighting component in the blood and saliva. Not many people need convincing that a massage feels good, but now it is proven that one has a drop in high blood pressure, a decrease in migraines and a boost in greater alertness and performance, a massage is fast becoming a leading complementary health care technique.

Infectious Diseases in Ayurveda

Ayurveda attaches great importance to the study of infectious diseases. Careful and urgent attention is required in investigation, treatment and safety from such diseases. It is the teaching of our Acharyas that one should treat the infectious diseases in the way a house on fire is from destruction.

According to Ayurveda, the infectious diseases are those diseases that make healthy persons ill by touch or contact with the ailing one. These are so fast that a sick person makes the healthy sick in haste.

These diseases caused by biological or microbial agents are now easily investigated with the help of microscope in the laboratories by examining blood, stool, urine or saliva but thousands of years before when these microscopic techniques of testing were not available our Acharyas not only investigated these infectious diseases by their critical knowledge but also laid down rules of safety and treatment of these diseases. A vivid description of such diseases has been given by Acharya Sushrat in 'Kusth Nidan Sthan'.

Leprosy, fever, tuberculosis, conjunctivitis and infectious diseases are spread from one to other by sexual intercourse, physical touch, whiff of breath, eating together, using clothes, garland and cosmetics used by the sick.

The main infectious diseases described are, small pox, measles, glands, tuberculosis, mumps, pruritus. Acute uraemia, oxaluria were also considered of the same kind.

Infectious diseases often come by contaminated water, wind, earth, edibles or drink. House flies, mosquitoes, rats and insects are the main carriers of infectious diseases. Such diseases have been divided into three classes.

Transmitted by Humans

Small pox, measles, oxaluria, eosinophilia, cholera, tuberculosis, typhoid, diphtheria, mumps, etc. which spread from person to person on contact.

Transmitted by Animals

Tetanus is infected by horses or cows, rabies is caused by mad dog bite or jackal bite, yellow fever is spread by monkeys and plague by rats and rat bite causes high fever. These are the examples of infectious diseases spread by animals.

Transmitted by Insects

Intestinal fever, cholera, diarrhoea, filaria etc are caused by insects. Fever is spread by mosquitoes. Flies settle over stool, urine, vomit, festering wounds and gather deadly worms which they carry and deposit elsewhere over water, milk, cut fruits and other edibles. People may acquire diseases by consuming such edibles and



Vd. Brij Behari Mishra

drinks.

All living beings are endowed with immunity by nature itself. Immunity keeps the diseases at bay. Chakrapani, the translator of Charak has explained immunity thus :

There are many effective Ayurvedic medicines against the infectious diseases, which should be taken on the advise of an adept vaidya only. For fighting cholera we have Sanjeevani Vati, Karpoora Rasa, Lashunadi vati, onion juice, Pudeena Ras, Ark Kapoor etc. For intestinal fever Kastoori Bhairav Ras, Brihat Kastoori Bhairava Ras, Mukta Bhasm, Mukta Shukti pishti may be used. Maha Jwarankush, Tribhuwan Kirti, Hinguleshwar Ras, Mrityunjaya ras are effective against Vishama Jwara.

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Prevention from Cancer

People commonly believe cancer as a fatal and neo disease. However the ancient Ayurvedacharyas have described it as karkatarbud, Ardharbud, Dwivarbud etc. Since time immemorial attempts have been made to cure it. Some of the cancers have been supposed to be easy and curable whereas others have been described as very difficult to treat. Herbal drugs, Rasas, Bhasmas, decoctions, Asavas and Arishtas and even surgery was resorted to in the treatment of cancer.

Sushruta has conceived that the humours enhanced at any site of the body vitiate the flesh and cause a spherical, static, slightly painful, extremely deep, Dhatu-embracing, fleshy protuberance or tumour. This is caused by the juxtapositioning of Vata, Pitta, Kapha and flesh and fat. There is a special mention of blood-flesh tumour. Accumulation of humour caused by the impact of a blow of a fist etc. is said to create mildly aching, smooth in touch, normally coloured, non-ripening, granitic hard and static tumescence. The causes include eating of flesh and it is said to be impossible to cure. An oozing tumour or tumour situated at a vital spot or channels of either of Rasa, Rakta or food is also said to be incurable. If another tumour appears in the vicinity of the original one it is called Adharbuda. A series of tumours appearing one after the

others too is considered incurable.

A cancer comprises a neo tissue-body which is useless and futile for the body and remains unaffected by its growth or depletion. Its development is beyond the control of the vata nerves. Not all tumours are fatal. However, tumour of fat is almost always fatal. There is no fixed site of tumours. It can occur anywhere. Mamsarbud is also said to be incurable.

All types of tumours encompass the oddity of blood, flesh and fat. The inflammation happens to be painless or mildly painful. Its shape appears to be spherical, limited to the site and seems to be going deep. It slowly grows and doesn't ripen easily.

Principle of Treatment

The main object is the reestablishment of temperament which is possible by the dissolution of Dosha and Dooshya only. Apart from this, purification therapy may be required to enhance the weakened humours. Drinking of clarified butter, oil, fat and marrow have been mentioned in this context. According to the classics, internal cleansing by vomiting, purgating, enema, errhine and blood-letting etc. may be useful. However, in cases of localized glands and tumours these cannot be of much help.

Rasa therapy is supposed to be effective in the treatment of cancer. Rasaushadhis make the body cells free of defects. Aditya

Vd. Vivekanand Pandey
Ras, Vidaya Bhaskar Ras, Sarveshwar parpati etc. may be used in this.

Prophylactic Measures

- Proper observation of daily, nightly and seasonal regimens, food, sleep and celibacy according to one's temperament.
- Observation of righteous conduct. Renunciation of wines, tobacco, smoking, tea, coffee, meat, greasy food etc.
- Incessant methodical use of proper Rasayanas for the preservation of health in proper dose.
- Maintenance of abdominal fire in an even state.
- Scientific usage of Panchakarma at appropriate times.
- Use of substances dominant in pungent and astringent tastes such as Aonla, Shilajeet, turmeric etc. Also use of sour-sweet edibles.
- Grams, pulses, rhizomes and cotyledons arrest the growth of cancer and hence are to be included in meals.
- Vitamin A helps to control cancer, hence carrot, sweet potato, spinach, cauliflower, milk and yolk should be consumed.
- Cancer may be avoided by eating balanced food, only when one is really and acutely hungry.

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Nature Cure and Yoga in Anxiety Neurosis

Prof. Surendra Singh, Dr. P. D. Misra, Dr. (Mrs.) Beena Misra

It is a well known fact that people in contemporary society all over the world suffer from varied kinds of anxiety, which are the major causes of morbidity and mortality. Many of the accidental injuries are known to occur as a result of excess of anxiety, stress and fear in life. Modern medical sciences, especially psycho-somatic medicine, have proved that people who have excessive anxiety are more liable to be affected by different types of infections and chronic diseases than others because of immunological, neurological and hormonal disturbances.

Overreaction is reported to sudden or unexpected stimuli and continuous nervous movements. Commonly, patient complains of muscular tension, especially in the neck and upper shoulder region, headache, upset of stomach, frequent urination, sleep disturbances, profuse perspiration, elevated blood pressure, increased pulse rate, rapid heart palpitation etc.

Treatment

Modern medical treatment has failed to provide appropriate medicine to relieve the sufferer from anxiety and its various manifestations. Naturopathy and yoga therapy are the unfailing methods which are applied in our hospital for the treatment of such cases. Except some modifications according to the need and condition of the

patients, the following treatment techniques are prescribed :

1. Hydro-therapy

Jalneti, eye wash, enema, spinal bath, hip bath - daily
Kunjali Kriya - twice a week, cold & hot, hot & cold - alternate day
hip bath cold hot foot, full sheet pack, steam bath - daily for a week.

2. Mud-therapy

Mud pack on abdomen, mud pack below feet, mud pack on spinal cord - alternate day, mud pack on forehead - daily, mud bath - once in 15 days

Chromo-therapy

- Charged green water 30 gm thrice a day
- Charged green orange water 20 gm thrice a day

4. Breathing exercises

- Anulom - Vilom Pranayama daily
- Sheetal and Shetakari Pranayama (in summer)

5. Meditation

- 10 minutes twice in a day

6. Yogasanas

- Shalabhasana, Bhujangasana, Sarvangasana, Halasana, Paschimottanasana, Pawan-muktasana, Shavasana, Makarasana

7. Diet-therapy

- Simple and natural diet is prescribed consisting of leafy vegetables, green vegetables and fruits. Ghee, oil, spices, chilli are prohibited.

8. Herbal-therapy

- Among the medicinal herbs Shankhapushpi, Brahmi

and Aswagandha have been found very effective in relieving the symptoms.

9. Psycho-therapy

- Encouragement, counselling, insight development, behaviour modification, etc. are provided to the patients.

It has been well established from various physiological investigations that psychological pressure, stress and strain produces excitation in certain specific cells of the cerebral cortex because of the liberation of acetylcholine which is responsible for nervous excitation. In normal condition when acetylcholine is released into the synaptic cleft, it is rapidly broken down by an enzyme called cholinesterase. However, during acute anxiety and its continuous persistence, there is always a decrease in the formation of cholinesterase enzyme. Because of this, acetylcholine accumulates and because of its excessive activation and liberation in the cerebral cortex, many physiological changes take place in the body. Naturopathy and yoga work in two ways. Firstly, they reduce the over secretion of acetylcholine by influencing the sensory organs of the cerebral cortex; and secondly, they increase the secretion of enzymes and cholinesterase which destroy the additional acetylcholine and thus normalcy in behaviour appear.



उच्च शिक्षा विभाग के प्रगति की ओर निरन्तर बढ़ते कदम



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महत्वपूर्ण उपलब्धियां

गुणात्मक सुधार

- * नकल मुक्त परीक्षा प्रणाली लागू की गयी।
- * प्रदेश के मैदानी तथा पर्वतीय क्षेत्र के राजकीय महाविद्यालयों में प्रवक्ताओं के रिक्त पदों पर 402 तदर्थ नियुक्तियों की गयीं।
- * कक्षाओं में छात्रों की उपस्थिति 75 प्रतिशत अनिवार्य। अध्यापकों के प्राइवेट ट्यूशन/कोचिंग पर प्रतिबन्ध।
- * विश्वविद्यालयों में शिक्षणोत्तर कर्मचारियों के 2283 पद, महाविद्यालयों में 288 शिक्षक तथा 234 शिक्षणोत्तर कर्मचारियों के अतिरिक्त पद सृजित।
- * अशासकीय महाविद्यालयों में प्रवक्ताओं के रिक्त पदों पर निर्धारित शैक्षिक अर्हता वाले पात्र अभ्यर्थियों की रु० 5000 प्रति माह मानदेय पर नियुक्ति करने का प्राविधान। पूर्व में केवल सेवानिवृत्त शिक्षकों से ही यह कार्य कराया जाता था।
- * राजकीय महाविद्यालयों में कम्प्यूटर प्रयोगशालाओं की स्थापना हेतु रु० 2 करोड़ की व्यवस्था का प्रस्ताव।

उच्च शिक्षा के अवसरों में वृद्धि

- * छात्र-छात्राओं को उच्च शिक्षा सुलभ कराने हेतु 138 महाविद्यालयों को क्लीयरेन्स, 211 महाविद्यालयों को अस्थाई सम्बद्धता तथा 27 महाविद्यालयों को स्थायी सम्बद्धता प्रदान की गयी।
- * प्रदेश में एक मुक्त विश्वविद्यालय तथा गौतम बुद्ध नगर में एक विश्वविद्यालय की स्थापना का प्रस्ताव।

रोजगार परक पाठ्यक्रम

- * 128 संस्थाओं/महाविद्यालयों में एम०बी०ए०/एम०सी०ए०/ बी०बी०ए०/बी०सी०ए० आदि स्ववित्त पोषित कक्षाएं चलाये जाने की अनुमति।
- * शिक्षा शुल्क में एकरूपता लाई गयी तथा फ्री, पेड एवं एन० आर० आई० के रूप में सीटों का बँटवारा किया गया।
- * प्रदेश में पहली बार एम०बी०ए०/एम०सी०ए० आदि व्यावसायिक पाठ्यक्रमों में प्रवेश हेतु राज्य स्तर पर तथा बी०बी०ए०/बी०सी०ए० आदि पाठ्यक्रमों हेतु विश्वविद्यालय स्तर पर संयुक्त प्रवेश परीक्षा का प्राविधान।

शिक्षक-छात्र-कर्मचारी कल्याणार्थ योजनायें

- * अशासकीय सहायता प्राप्त महाविद्यालयों के 567 तदर्थ शिक्षकों का विनियमितीकरण।
- * विश्वविद्यालयों/अशासकीय सहायता प्राप्त महाविद्यालयों के शिक्षकों,

- शिक्षणोत्तर कर्मचारियों को स्वैच्छिक सेवा निवृत्ति की सुविधा।
- * अशासकीय सहायता प्राप्त महाविद्यालयों के शिक्षकों को पारस्परिक स्थानान्तरण की सुविधा।
- * विश्वविद्यालयों में सेमिनार/संगोष्ठियों, यूथ फेस्टिवल एवम् अन्तर्विश्वविद्यालयीय खेल प्रतियोगिताओं हेतु अनुदान की व्यवस्था।
- * विश्वविद्यालय तथा अशासकीय महाविद्यालयों में शिक्षकों एवं शिक्षणोत्तर कर्मचारियों के लिए मेडीक्लेम एवं सामूहिक दुर्घटना बीमा योजना लागू।
- * परीक्षा एवं अन्य पारिश्रमिक दरों में डेढ़ से दो गुना वृद्धि।

प्रतिभाशाली छात्रों को प्रोत्साहन

- * छात्रवृत्ति की दरों में वृद्धि तथा छात्रवृत्ति हेतु अभिभावक की आय सीमा रु० 50,000 से रु० 75,000 की गयी।
- * अभिभावक की आय सीमा का प्रतिबन्ध समाप्त करते हुए इण्टरमीडिएट, सी०बी०ए०/सी०ई० तथा आई०सी०ए०/सी०ई० की योग्यता सूची के आधार पर क्रमशः 100,25 तथा 25 मेधावी छात्रों को रु० 2400 वार्षिक की छात्रवृत्ति की योजना का प्रारम्भ।
- * राष्ट्रीय एवं अन्तर्राष्ट्रीय खेल स्पर्धाओं में प्रदेश का प्रतिनिधित्व करने पर क्रमशः रु० 5000 तथा रु० 10000 की एकमुश्त वित्तीय सहायता की योजना का प्रारम्भ।
- * अभिभावक की आय सीमा का प्रतिबन्ध समाप्त करते हुए विश्वविद्यालयीय परीक्षा में स्नातक स्तर पर प्रत्येक संकाय में प्रथम पाँच स्थान प्राप्त करने वाले छात्रों को रु० 3000 वार्षिक छात्रवृत्ति की योजना का प्रारम्भ।

अन्य

- * विश्वविद्यालयों में उत्कृष्ट शैक्षिक तथा वित्तीय अनुशासन के लिए प्रथम द्वितीय तथा तृतीय स्थान प्राप्त करने वाले विश्वविद्यालयों को प्रतिवर्ष क्रमशः 1.50 करोड़, 1 करोड़ तथा 50 लाख का प्रोत्साहन अनुदान।
- * विश्वविद्यालयों में चुनिन्दा विषयों में सेन्टर ऑफ़ एक्सीलेंस की स्थापना प्रस्तावित। इसके लिए विजिटिंग प्रोफेसर की भी व्यवस्था की जायेगी।
- * प्रदेश के विश्वविद्यालयों में वित्तीय अनुशासन लागू। अनानुमोदित व्ययों पर कड़ाई से रोक।

उच्च शिक्षा विभाग द्वारा प्रसारित

Concept of Pain in Ayurveda

Pandey P.S. *Pandey K. K.,

In Ayurveda, three words viz., 'Vedana', 'Shoola' and 'Dhukha' denote pain.

Vedana means knowledge, perception, feeling, sensation, pain, torment, agony, anguish etc.

Shoola means spear, spit (for roasting meat), stake, acute pain, trident.

Duhkha means; painful, disagreeable, unpleasant, difficult, uneasy, trouble, sorrow.

According to Charaka, perverted, excessive and diminished use of five sense organs cause painful sensations (Vedana). The cause of happiness (health) is only equitable use (of the senses) which is very rare. Neither the sense organs nor the sense objects are the causes of happiness and misery but the four-fold use (of senses).

The contact with the tactile sense organ and its perception by mind gives rise to pleasant or painful sensations. Happiness and misery give rise to allurements in the guise of desire and aversion, the allurements, in turn, acts as cause of happiness and misery. It collects the entities which offer resort to sensations. If there be no collection of entities, there can not be contact and without contact the sensation can not be felt.

The location of sensations is mind, the body is equipped with sense organs except hair, nailtips, ingested food, excreta, fluids and sense objects. The sense organs are most important sites for the manifestation of happiness or misery. The fact that hair etc. are excluded from the purview of consciousness can be ascertained from direct experience. The feeling of pain in respect of urine, excreta etc.; in diseases like sprue and dysuria is in fact caused in the body at these sites of these excreta.

Causes and Symptoms of Shoola

Voluntary retention of flatus (Vaata), stool or urine, overeating, indigestion, eating before the digestion of previous food, overexertion, use of articles of food which are incompatible in their combination, drinking water when hungry, use of germinated grains, dry food or cakes of dry meat, as well as the use of other such oikie articles of fare, derange and aggravate the bodily Vayu, which produces a violent cutting and spasmodic pain (Shoola) in main cavity of the trunk (Koshtha). The patient complains of as if he is being pierced with a Sanku (spear) in the inside and of a feeling of suffocation under the influence of that excruciating

pain. Signs and symptoms of different types of Shoola described in Sushruta Samhita are detailed in following order.

Vataja Shoola : The patient experiences a violent colic whenever empty stomach and feels difficulty in respiration. The limbs seem to be numbed or stuffed and the flatus, stool and urine are evacuated with the greatest difficulty; these are the symptoms which mark the Vataja type of the diseases.

Pittaja Shoola : Thirst and burning sensation in the body attended with an excruciating pain, giddiness, loss of consciousness, desire for cold things and amelioration on application of cooling measures, are the specific features of the Pittaja type.

Kaphaja and Sannipatika Shoolas : An agonising pain attended with nausea, excessive fullness of the stomach and a sense of heaviness in the limbs are indications which distinguish the Kaphaja type of the disease. The wye due to the concerted action of the three simultaneously deranged Doshas of the body (Sannipatika-shoola) exhibits all the series of symptoms which respectively mark the preceding types, and hence it is said to be incurable.

Symptoms of Parsva Shoola : The deranged Kapha in

the regions of the Parsva (sides) arrests the course of local Vayu which thus irritated causes an immediate distention of the abdomen and a rumbling in intestines. A pricking pain is felt in the affected part, which seems as if being pierced with needles, and the patient complains of insomnia and has no relish for food and his respiration becomes painful and difficult. This disease is named Parsva - Shoola (side-colic) and is brought on by the action of the deranged Vayu and Kapha.

Symptoms of Kukshi Shoola : The deranged and aggravated bodily Vayu, affecting the fire of digestion and incarcerated in the region of the Kukshi (loins) interferes with the digestion of the food previously taken which remains stiff and undigested in consequence. The patient breaths heavily owing to the accumulation of undigested (fecal) matter and tosses about in agony of pain, finding no relief in any posture whatever, whether sitting or lying. The disease is called Kukshi - Shoola, and is due to indigestion incidental to the action of bodily Vayu.

Symptoms of Hrichchhoola : The deranged bodily Vayu aggravated by the vitiated Rasa (chyle) and incarcerated in the region of the heart through the action of deranged Pitta and Kapha, produces shoola (pain) in the heart and gives rise to difficulty of respiration. This disease which is called Hrichchhoola (cardiac colic) is ushered in

through the action of the deranged Vayu and Rasa of the body.

Symptoms of vasti - shoola and mootra - shoola : The local Vayu aggravated by the suppression of stool and urine is incarcerated in the region of the vasti (bladder) and gives rise to a pain in the bladder, in the groins and about the umbilicus causing a further suppression of the stool, urine and flatus. This disease is called Vasti-Shoola (bladder colic) and is due to the action of the deranged bodily Vayu.

A cutting pain experienced in the genitals the intestines and the loins as well as at the sides and in the inguinal regions and about the umbilicus and causing a complete suppression of urine, is called Mootra-Shoola. The disease should be likewise attributed to the action of the deranged bodily Vayu.

Symptoms of Vat-Shoola : The bodily Vayu deranged and aggravated by the use of drug food etc., affects or impairs the digestive fire and obstructs the evacuation of faeces accumulated in the bowels and gives rise to an excruciating pain in the locality by stuffing or choking the channels of the intestines. The pain is first experienced in the region of the right or left Kukshi (loin), but it soon extends over the whole abdomen with rumbling sounds therein. Thirst becomes unquenchable and vertigo and epileptic fits follow in its train, and the patient finds no relief even after the evacuation of the

bladder and of the bowels. This disease is called Vat-Shoola and is a very violent one.

Symptom of Annaja Shoola : Voracious eating in an impaired state of digestive fire, aggravates the local Vayu which makes the food taken remain stuffed in the Koshtha. The food thus undigested in the Koshtha causes an intolerable colic, which brings on a distension of the abdomen, epileptic fits, eructation, nausea and an attack of Vilambika. The patient shivers, vomits, or passes stool, and even loses consciousness. Anti-colic (pain-killing) pills, powders and medicinal Ksharas are recommended in the case.

Pain Described as Duhkha : Duhkha (pain) has been divided into three types (according to Sushruta) :

1. Adhyatmic Duhkha (Psychosomatic pain).
2. Adhibhautic Duhkha (pain produced by animate and non-animate substances).
3. Adhidaivic Duhkha (pain brought about through divine and evil sources).
 - (i) Saririka Duhkha (physical suffering)
 - (ii) Manasika Duhkha (psychic suffering).

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Panchakarma: an Overview

Without knowing certain scientific facts nobody would accept this technique. So with scientific explanations a little description about Panchakarma follows. Due to seasonal variations certain Doshas get vitiated, to eradicate them & bring the Doshas to pristine form this therapy can be given to a healthy man, so that he can live upto 100 years. It is also effective in hemiplegia, arthritis, cervical spondylosis, migraine etc.

Ayurvedic treatment

Ayurvedic treatment comprises two types viz., Shodhana and Shamana. Vitiated Doshas need Shodhana and aggravated Doshas need Shamana therapy.

By Ayurvedic concept body is maintained by Tridoshas : Vata, Pitta & Kapha. Panchakarma therapy is divided into three parts, i.e. Poorvakarma (Sneha, Sweda) Pradhan Karma (Nasya,

Vamana, Virechana, Kayaseka, Sirahseka, Asravistruthi & Paschat Karma (Peyadi & Shamana) there are two kinds of Sneha.

Poorva Karma, Bahya & Abhyantara. Bahya (external) includes massage oil & Abhyantara (internal) includes Snehapana (consuming oil, ghee, fat or marrow). Sweda means forced perspiration (by solid, semisolid, liquid etc).

If Shodhana is done without Snehasweda, it proves ineffectual. Snehasweda should be done for strengthening body.

Acharya Susruta, included Kashaya basti (basti decoction) Vamana (forced vomiting) Kayaseka (oleation therapy all over the body) Siroseka (Introducing processed oil through nostrils (Asravistruthi (blood letting). Instead of Asravistruthi Acharya Charaka included Snehabasti (basti processed oil) in Panchakarma.



Dr. Sreelatha Pillai

This difference in opinion may be due to 1. Rakta is the seat of life. But Sirovyadha can be done by leech, horn etc.

Pathya during Panchkarma

Those who are going to undergo Panchakarma therapy, those who have undergone Panchakarma therapy and those who are under therapy should avoid oily and spicy diets and take light warm food only.

Food must be consumed according to the digestive capacity & must be at fixed hours. For all cleansing purposes hot water should be used. The patient should abstain from indulging in sex. Sleeping during the day is prohibited. Urges should not be resisted. Exercise is to be given up. Anxiety, anger, hatred are to be avoided. Talking and travelling are to be minimum. One should not sit in a fixed posture for long time.

C-794, Mahanagar,
Lucknow.

Next issue of the Jeevaniya will

focus on Diseases of

Urinary Diseases

alongwith information about

Traditional Sciences of India

Nature Cure of Leucorrhoea

Leucorrhoea is a disease characterised by a mucuous discharge from female genitals. It is a natural process of elimination of unwanted poisonous substances from the body system. According to Allopathy it is often associated with infection of the genital tract. According to Nature Cure philosophy all diseases are part of the body's internal process of elimination.

There are usual natural outlets for excretion of waste materials such as breathing, perspiration, urination, evacuation of the bowels, etc. Yet some of the filth accumulated in the body may not be expelled in spite of these normal processes of excretion. The inner life force (vital energy) of the body always tries to safeguard the organs by helping the process of elimination. If the quantity and nature of the accumulation is such that it cannot be eliminated by the normal excretory processes, then the body itself finds a mechanism of eliminating these substances. The filth may concentrate in some part of the body in the form of tumours and the filth may be excreted through lesions developed there.

We can imagine the relief we get after the expulsion of the scum by the natural process. But normally we have no patience to wait. We approach doctors at the

first sign of this process. But the doctors and medicines, prevent the body's natural efforts of elimination. This is the case with leucorrhoea also.

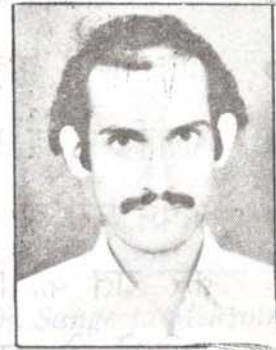
The discharge from the genital tract is foul smelling. The consistency of the discharge varies from patient to patient depending upon the age and the menstrual phase when the patient is afflicted with this trouble. Patients of leucorrhoea become irritable and often have digestive problems.

There are a lot of misconceptions regarding leucorrhoea including the belief among some people that it is caused by melting of bone. This belief may exert adverse effects on the mind of the patient. Thus there is a vicious circle of leucorrhoea and mental worry.

If there is a discharge during the menses of a fluid, white, yellow or brownish in colour there is nothing to worry about. Leucorrhoea may also be found as a result of cancer of the uterus, fistula, gonorrhoea, fibroid in the uterus, oestrogen, lack of cleanliness, over eating, drugs, contraceptives, etc. Abortion, sterility and intoxicants also contribute to this state of affairs.

Leucorrhoea commonly occurs among women who are weak, emaciated, and anaemic. Remaining awake at late hours precipitates the trouble.

Fasting is a of treatment of



T. K. Abdul Razak

Leucorrhoea. After fasting, the patient should fresh fruits and easily digestible vegetables. It should be remembered that good food does not mean costly food. It consists of cheap items like leaves, grass, banana, etc. Fried things and spicy food should be avoided.

Taking hip bath for 15 minutes to half an hour regularly in lukewarm water is very effective. This can be taken two or three times daily. If there is constipation she should take simple enema with well-water. Placing a wet cloth around the waist in the form of 'T' called 'T - Wet Pack)' is also highly beneficial.

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लखनऊ नगर निगम, लखनऊ

- नगर आपका अपना है, इसे स्वच्छ एवम्-सुन्दर रखना आपका कर्तव्य है।
- नालियों में कूड़ा एवम् पालीथिन इत्यादि न डालें।
- पालीथिन का प्रयोग न्यूनतम करें।
- अपने घरों के कूड़े की सड़क अथवा फुटपाथ पर न फेकें बल्कि थैलों में भर कर रात की निश्चित स्थानों पर डालें।
- नालियों के ऊपर पक्के निर्माण न करें, ताकि सफाई सुनिश्चित हो सकें।
- सड़कों एवं फुटपाथों पर अतिक्रमण न करें इससे आपकी ही अपने-जाने में असुविधा होती है।
- करों का भुगतान समय से ही करें।
- जन्म एवं मृत्यु का विवरण दर्ज कराना आपका दायित्व है, इससे आपको ही सुविधा होगी।
- नगर का पर्यावरण सन्तुलित एवं सुरक्षित बना रहना आवश्यक है। इसे प्रदूषित न करें क्योंकि प्रदूषण आपके व आपके आने वाली पीढ़ियों के लिये जान लेवा है।
- लखनऊ की संस्कृति एवं भाईचारा सारी दुनिया में प्रसिद्ध है हम आप इसे बनाये रखें।
- उद्यानों की स्वच्छ एवं सुन्दर बनाये रखें तथा उनकी सुन्दरता को नष्ट न करें।
- कृपया नगर की स्वच्छ एवं सुन्दर बनाने की कार्य में सहभागी बनें।

कु. रेखा गुप्ता
अपर मुख्य नगर अधिकारी

दिवाकर त्रिपाठी
मुख्य नगर अधिकारी

डा. एस.सी. राय
नगर प्रमुख

Keep the Childbirth Sparse

In spite of the family planning programmes being operative in our country since five decades there hardly is desired reduction in population growth. The linking of the reproductive health of women and family planning programme with 'Health for all by 2000 AD', as proposed by the WHO is very significant. Until the general amenities of health care are made available to all the citizens of our country, family planning programmes are not likely to succeed in the absence of adequate reproductive health care and safe delivery programmes for women and proper care of the child health.

In India the sterilisation for family planning programmes has been accorded an undue importance. There are many reasons for the absence of desired results of this approach - the chief of them being the ending of all possibilities of a progeny, should the desire/necessity of procreating be subsequently felt. On the other hand, the continuous dwindling of male sterilisation operations are chiefly due to the illusion derived from lack of education breeding the apprehension of reduced virility after such an operation. So today there is a need of increasing the interval between the birth of children rather than stopping the childbirth altogether. Since there are many methods to achieve this end, so it is essential to impart the information to couples capable of procreation as to how to delay the birth of the first child or to maintain an interval of at least 4-5 years between the consecutive childbirths. At the same time such devices of family planning should be made available by which the childbirth may be delayed for five to eight years. Finally, when the couple feels that no more children are needed in the family they may undergo sterilisation.

So far as abortion is concerned it should be resorted to only in exceptional circumstances, such as manifestation of any defect in the embryo, due to exposure to X-ray or administration of harmful medicines, danger to the life of pregnant or on humanitarian grounds in instances of rape etc. Generally, abortion should not be used as a means of family planning, as because, it not only undermines the health of the pregnant, moreover it is likely to breed mentality of carelessness among the menfolk, which is extremely harmful, individually as well as socially too.



Dr. Sangeeta Mehrotra



Obituary

We are very sorry to announce that writer of our famous column of Jeevaniya readers 'Prescriptions of Granny', Vaidya Badloo Ram Rasik died on 13th Oct. 1997 due to sudden heart attack. The end came at the ripe age of 88 years. Vaidyaji has been a freedom fighter and social worker besides famous physician. He has founded an Intermediate college and a Dharmshala in Lucknow. Vaidyaji has been secretary of Nikhil Bhartiya Ayurveda Vidyapeeth, Delhi. He has been effective Ayurveda communicator through various magazines, Akashwani and Doordarshan. He travelled abroad on several occasions alongwith his son Vd. Shanti Kumar Kamlesh. Jeevaniya family prays God to put his soul to rest.

Female Health : A Tale of Silent Sufferings



Woman : no time for herself

Story of female health particularly in underprivileged poor rural society is a tale of silent suffering since birth to death. Infant mortality rate and Maternal mortality rate in our country is nearly eight times of developed countries despite claims of 50 years of tremendous growth and India's third place in scientific man-power. Ageold decadent customs of female infanticide and child mariages are still flourishing resulting in poor sex ratio and malnourished girl child which becomes undernourished mother of many children with retarded growth and even congenital defects. There were 972 women per thousand men

in 1901 which has fallen to 929 in year 1991. It has also to be noted that sex ratio is lowest in the areas of so called economic prosperity resulted by green revolution as in Punjab, Haryana and western Uttar Pradesh. Amniocentosis which was developed to detect genetic deformities of foetus has resulted in female foeticide on large scale. This process has become common in middle and rich strata of society and has not been checked despite legislation to this effect.

Major causes of ill-health during childhood are infectious and parasitic diseases. On the one side these diseases are result of unhygienic living conditions due to poverty and lack of pure water and on the other side due to lack of literacy and proper health awareness. Malnutrition results in poor immunity resulting in mortality due to these diseases specially amongst children and girl children.

Various studies have shown that malnutrition amongst girl children can not be explained on the basis of poverty alone but are result of conscious exploitation of females in our male-dominated society. This

difference in nutritional status between male and female continues even after childhood. Sometimes this trend is visible amongst upper economic groups also. Malnourished mother gives birth to underweight weak child thus starting a vicious circle of morbidity in society. Recent studies have shown that besides other problems underweight children have higher incidence of diabetes and cardiac problems. When a malnourished girl becomes mother she may face a peculiar problem at time of delivery if the foetus is well nutritioned due to lack of development of pelvic bones of the mother.

Utilisation of health services amongst females is much less than males. Female health is looked after only upto some extent during pregnancy only not because of concern towards lady but due to fear of ill health of unborn child. Nobody cares about female health before and after pregnancy. In agricultural society the female role is limited only to get married and deliver male children. To be a good mother, values of self-sacrifice and self denial were thrust upon poor women. Widow women are reduced to non-entities because of their isolation during ceremonies. Breakdown in traditional families has resulted in lack of support of older women.

Menstruation which is natural

to a female is also connected with impurity resulting girls to become untouchable during this period. Cooking and participation in religious ceremonies is banned during this period. All these customs have resulted in women suffering silently due to various diseases, particularly gynaecological problems get aggravated. According to a survey, nearly 80% Indian women are suffering from some type of reproductive tract infections. Poor women who are sexually exploited have high chance of having Sexually Transmitted Diseases. Many women suffer from iron deficiency anaemia having symptoms like weakness, fatigue, breathlessness, tingling and numbness of limbs and loss of appetite. These symptoms are usually looked off until women become pregnant and iron pills are then thrust for the benefit of healthy child.

If we look closely, we will find that upto recent past modern medicine used to propose that women were inherently sick and too fragile to participate in any activity other than reproduction. Psychoanalysis has also enforced decadent social stigmas and fixed certain natural roles with image of ideal women like caring and loving. Origin of nursing profession for women was intended with this aim besides others. Nursing profession was allotted to women being subordinate to the role of doctors which was predominantly a male occupation. Even today, doctors

continue to view women patients as hysterical, irrational and incapable of making decisions. The medical profession also pays little attention to the health problems of working class women.

No attention has been given to prevent or reduce occupational health hazards of women. Health problems of female agricultural labours due to use of chemical insecticides etc. are overlooked. Besides causing serious diseases like blindness, cancer, nervous diseases these may also result in congenitally malformed babies and arrested growth of children. Smoke resulting from wood burning in closed kitchen contains many cancer causing particles. Using dung cakes as fuel causes more irritation and is more dangerous.

It has been found that developmental programmes like land reforms, population control programmes etc have given certain benefits to poorer classes but the benefits are unequally divided between genders. Nutritional status of boys may improve considerably with very little or no improvement in the nutritional status of girls. Structural adjustments have benefitted rich classes and multinationals but resulted in problems for poor women due to the growing unemployment and reduction of fund allocation for social sectors. Women are the worst sufferers of environmental degradation resulting in lack of water, fuel and fodder which increases the already back-breaking work load

of rural women.

Health services are inadequate and are not designed to fulfil women's requirements. Traditional and folk systems of medicine which are the main support of rural women in remote areas have not been promoted by the state. The level of illiteracy amongst women is used to downgrade women as unintelligent and used as an excuse to get their participation in health services. It has been found in certain studies that self help approach in women health care is best suited to prevent and cure many of their problems particularly by using Indian System of Medicines and folk medicines.

According to Dr. Malini Karakkal, a social activist fighting for women's cause "Main institutions in the society-the family, religion, media, law, are the pillars of the patriarchal system. Over generations these institutions have destroyed women's self-respect, self-esteem and confidence and have set limits to their aspirations. The struggle for women's emancipation is a struggle for the achievement of women's of girls equality, dignity and freedom of living and control over their bodies.

(from the book 'Our Lives Our Health' Ed. by Dr. Malini Karakal)

Female Sexuality in Male-dominated Society

Female consciousness is dominated by ancient models and morals orchestrated by our ancestors, which are the teachings and aspirations of the male-dominated society. The idea of male domination has its roots in social structure, lifestyle, education and religion. Women are supposed to be weak, less intelligent and needing protection. According to Hindu scriptures women do not deserve independence - *Nastree swatantryamarhati* - she must depend on father in virginity, on husband in youth and on sons in old age.

The above dogma has created a particular female body image. She is expected to look beautiful to male eyes. Beautiful, attractive and virtuous, soft-speaking and obedient. Media and commerce have further crystallized this image.

Females have to be slim. Fat and dark-coloured females have no takers. On the whole, women are treated as a sexual commodity, not worthy of higher intellectual pursuits and aspirations. Society is doing nothing to change this image. Consequently the male mind is living in fantasies about women.

Sexual understanding, expression of sexual desires or sexual behaviour is also stereotyped. It is believed that men have comparatively more acute sexual desire and enjoy sex more than women. This idea is based on the male supremacy

and the duty of female to please the male sexually. Males are supposed to be sexual beasts or predators and women their quarry, who have to fend for themselves, remain pure and virtuous and also gratify their male's sexually. Once these stereotyped ideas take root in female minds they encourage and foster the ideas of male superiority.

Male violence against females, may it be in the form of beating of wives by husbands or crimes like rape are means of exerting dominance over women. The incessant threat of male violence tends to keep the women bound to their traditional role as defined by the male-dominated society.

The pollution of male minds with regard to female bodies has crossed the limit and become part of the social structure. Crime against women is a matter of daily occurrence in rural India, especially among the landless labours, dalits, minorities and other backward sections of the society. In urban areas girls are being lured away for prostitution, which has become a well-organised network including powerful bureaucrats, politicians, cops, corporate sector and the so-called upper section of society. The exposure of Jalgaon sex scandal in Maharashtra in 1994 is a glaring example of the doings of this dirty network.

Moreover, the criminalisation

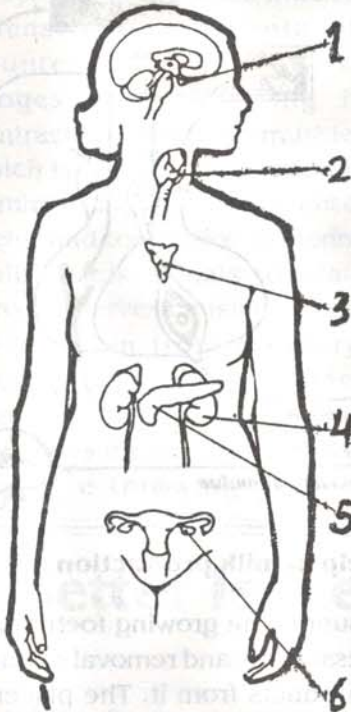
of society and politics has added a new dimension to the female exploitation. Though many changes have been effected in the laws related with sexual harassment favouring the women, yet many of the cases are not being reported, due to the terror of social stigma and even the reported cases do not result in booking the culprits, who take advantage of the lacunas in the legal system.

This adversely affects the natural sexual behaviour of married partners. Generally women are denied sexual education, protection from unwanted pregnancy and sexually transmitted diseases. Masculinity and femininity are supposed to be opposites, so that women and men are put in two separate brackets.

However, our changing society is evolving healthier concepts of sexuality. Many men and women now believe that sex is not something done by men to women, but something done simultaneously by men and women to each other. A function in which both are equal partners. Men and women are realising that sexual pleasure emanates from the partner's response and partner's pleasure. Women's organisations are striving hard for a society free of gender oriented inequalities, sexual violence and misuse of sex by media.

Role of Hormones in Procreation

Dr. P. D. Gupta



1. Pituitary 2. Thyroid & Parathyroid 3. Thymus 4. Adrenal 5. Pancreas 6. Ovary (Testes in males)

Stimulating Hormone (FSH) and Luteinising Hormone (LH) common to both the sexes. These hormones activate gonads which were lying dormant since birth. At this stage development differs in both the sexes.

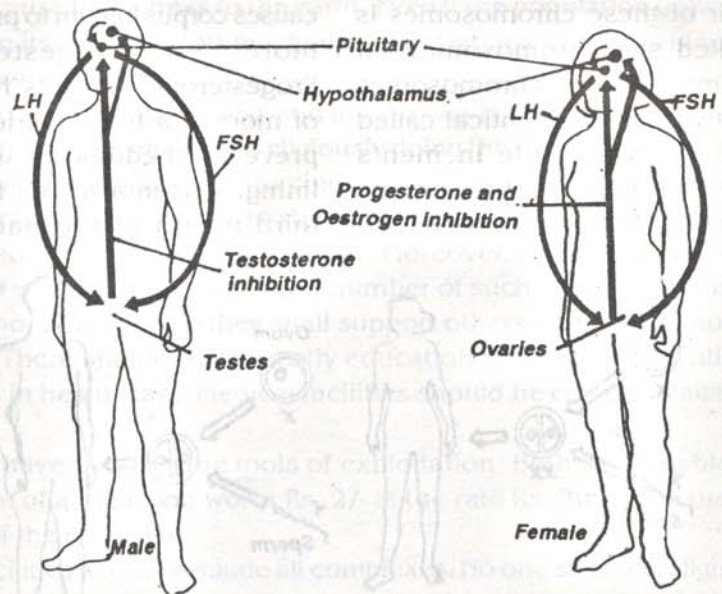
In boys these hormones activate testes to produce male sex hormone testosterone which stimulates growth of facial hair, causes changes in voice box resulting in the deepening of voice. Sperm production also starts at this stage. Sperms are produced in large numbers. The prostate gland develops and begins to secrete seminal fluid.

In girls, sexual development

is somewhat complicated involving coordinated action of many hormones. The growth and development of breasts, uterus and ovaries takes place and hips broaden in preparation for child bearing. At every 28 days a woman's body prepares for nurturing a new life. Except in case of pregnancy, this process continues for 35 years of life. If conception does not take place during this period, menstruation takes place in the form of blood and mucus to shed unused ovum and some layers of uterus formed to implant the fertilised egg. Egg production again starts in the ovary but their maturation requires production of oestrogen and progesterone hormones

It is now well known that hormones secreted by endocrine glands are responsible for various important activities of our body. Hormones are mainly responsible for smooth development of an adolescent boy into man and girl into woman, production of egg and sperm and proper development of foetus, thus continuation of human race.

Hormone production in different glands of the body is controlled, coordinated and monitored by a small part in the brain called hypothalamus. At the time of adolescence, hypothalamus directs pituitary gland to secrete Follicle



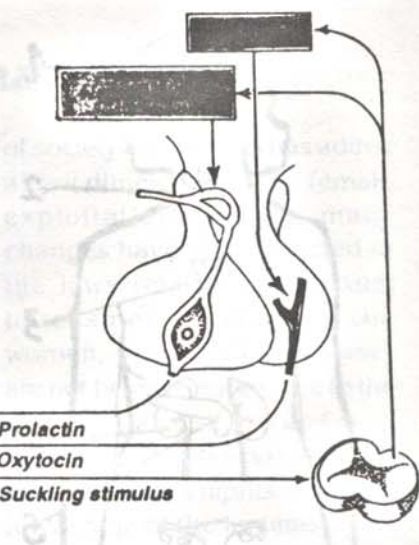
Hormones responsible for adulthood

produced by ovary itself. Ovaries contain an estimated 40,000 ova of which only 300 to 400 mature and are released during fertile period of women. FSH is responsible for maturity of ova. Due to production of oestrogen, mature ovum is released. After releasing the ova, follicle shrinks and becomes a temporary endocrine gland named corpus luteum which secretes progesterone. Progesterone is responsible for changes in the uterus lining to receive and implant the fertilised ovum. This action also requires another hormone oestradiol secreted by the ovary.

All our body cells contain 46 chromosomes in 23 pairs. Chromosomes are carrier of genetic information from parents to offsprings. When egg or sperm formation takes place in females and males respectively, they contain half the chromosomes present in the body cell. One pair of these chromosomes is called sex chromosomes. In women's egg all chromosomes of this pair are identical called the 'X' type while in men's sperms half of the sperms contain 'X' and the other half

contain 'Y' type chromosome. After fusion or fertilisation of sperm and ovum if the fertilised egg contains chromosome 'X' type it becomes girl and if it contains one each of 'X' and 'Y' it becomes a boy. Such a simple scientific fact is yet to be communicated to masses effectively to remove the misconception that women are responsible for deciding the sex of the child.

If the ovum is fertilised, it gets implanted in the uterus and continues to grow and mature for nine months. Implanted ovum causes corpus luteum to produce more progesterone. Progesterone prevents release of more ova from ovaries and prevents shedding of uterine lining. Placenta forms by the third month of pregnancy to

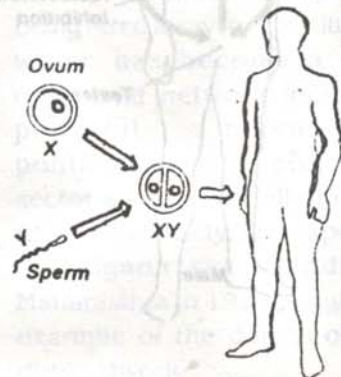
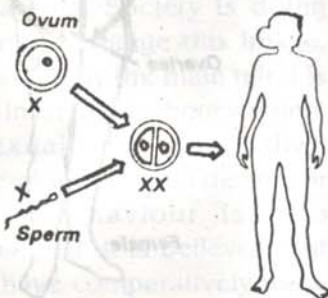


Hormone's help in milk production

supply the growing foetus with essentials and removal of waste products from it. The placenta takes over the function of supplying progesterone and oestrogen, resulting in atrophy and non functioning of corpus luteum. Oestrogen stimulates sexual development in the foetus and prepares mothers breasts for nursing.

To support increased metabolic activity in pregnant women, secretion of several hormones gets increased. Increased glucocorticoid hormones provide more glucose to mother and child. Thyroid gland enlarges and doubles the production of thyroxine hormone. Parathyroids also increase to release more calcium from mothers bones to growing foetus.

Safe and smooth delivery is also result of various hormones and proper coordination with nervous system. After nine months of pregnancy, the level



Foetal Sex Determination

of oestrogen increases which is released by placenta. It counteracts effect of progesterone resulting in contraction of uterine muscles which is called labour pains in common language. Movement of foetus and contraction of uterine walls sends signals to brain through nerves causing release of oxytocin from pituitary. Oxytocin also increases contraction of uterus. This cycle continues till the child is born. With the throwing away of

placenta after delivery, secretion of hormones gets rescheduled after birth.

After birth, prolactin hormone, released from pituitary, stimulates milk production in the tiny sac like breast glands. Nerve impulses resulting from sucking by the baby are carried to brain resulting in more secretion of prolactin and oxytocin causing increased release and production of milk.

The perfect coordination

amongst various hormones and brain continue to smoothly produce and develop human race. Healthy life style and proper food regimen generally increases this coordination resulting in smooth continuation of human race.

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Better Issueless Than having Bad babies

Vaidya Srinarayan Shastri

The family planning, the way in which it is being talked about today is a movement based on illusion. It can never do any good to the country. On the contrary this may encourage lewdness and adultery. Abortion is embryocide and a great sin. All the artificial means of keeping the family limited, such as vasectomy, tubectomy, Nirodh, Mala-D adversely affect the health.

It should be thoroughly understood that mere growth of population does not increase the load of the earth. The load on the earth increases and becomes unbearable even if only one wicked child is born. Unworthy folks are unbearably heavy to the earth even if they are very small in numbers. Brilliant, wise, industrious and virtuous people give no cause for distress to the earth. Even if the population grows to be very large there shall be no problem in its feeding, clothing, housing and occupation, provided all are wise, brilliant, hard-working and virtuous.

Limiting of population and making the people brilliant, wise and industrious is possible by only one method and that is to adapt the ancient order of Varnashrma (religiously doing the duties of each stage of life i.e. celibate, householder, hermit and ascetic) and enforcing an uniform code of living for all, irrespective of gender and religion. Under this order one has to study, think, and learn skills till the age of 25 years. One would not be allowed to breed till that age at least. Moreover, one will grow wise, brilliant, industrious and virtuous by dint of education. Even if the number of such persons becomes large they will support themselves with no difficulty and they shall support others as well. All should have equal opportunities of education. There should be no costly education and cheap education. Similarly, all should be treated as equals in health care. Medical facilities should be equally available to all in an uniform manner.

Now-a-days education and medicine have become the tools of exploitation. Both are capable of charging at will. No one can stop the sale of a medicine worth Rs. 2/- at the rate Rs. 200/- because a layman would have no idea of the cost of the medicine.

Uniform educational and medicinal facilities would preclude all complexes. No one shall feel slighted or demoralised. All shall voluntarily rise and strive. The path of a nation becomes thorny through wicked offsprings only. Good offsprings invariably make the society and life progressive.

Female Reproductive System

Vd. P. C. Jain, Lucknow

Woman is believed to be the better half of man. The motherhood bestows on them a special honour and prestige. Without achieving motherhood woman can not be complete and her innate qualities do not become manifest. A barren woman suffers from inferiority complex and society does not regard her as a complete woman. Now we are going to examine as to how she attains the motherhood.

External Genitals

Mons pubis - The hairy, fleshy portion in front of the pelvic bone.

Labia Majora - The external part of labia majora is also covered with hair. These are two thick layers below the mons pubis on both sides.

Labia Minora - Behind the upper portion of labia majora exists as two little layers of skin.

Vestibule - This is the triangular structure between the labia minora of both sides.

Clitoris - This is at the apex of vestibule. Tickling the clitoris excites sensuality.

Bartholian's Gland - These are situated behind the labia majora.

Urethral Orifice - It is half an inch above the vaginal orifice.

Vaginal Orifice - Situated as a hole down below the vestibule.

Hymen - This is the membrane covering the vaginal orifice that bursts during the first coitus.

Internal Genitals

Vagina - This is a tube composed of flesh muscles and membrane and is constructed in three layers from the external surface to uterus. Urethral orifice is situated in front of it and rectal orifice behind it. In the natural state its walls are joined together. In order to bestow motherhood the penis enters the vaginal tract.

Uterus - A pear-shaped hollow fleshy organ situated in the pelvic cavity of the pelvic bone. Its upper end is broad where the fallopian tube opens on both sides. The lower part cervix opens to the vaginal tract. The walls of uterus are composed of greasy threads and their construction is affected by the hormones of pituitary gland, namely, oxytocin. The internal membrane of uterus is called endometrium wherein swelling occurs in case of infection, delivery or abortion. During virginity the uterus is 5 cm long, the width of the upper portion 5 cm and thickness 2-5 cm. During pregnancy it grows 6-8 times. Herein the foetus grows and develops and it is herein that placenta is formed to nourish the foetus.

Fallopian tubes - Two in number attached to the upper end of uterus along the left and right sides. It is a fleshy tube 10 cm long, covered with mucous membrane with two ends, one end is attached with the uterus

and the other end opens as frilly end in to the stomach which is situated near the ovary.

Its function is to send the ovum obtained from the ovary to the uterus. Its membrane has hairy cells which move towards the uterus taking the ovum along with it. The ovum coming out of the ovary is not mature completely. It gains maturity in the fallopian tubes and if semen is present there then it unites with it and fertilisation takes place. The fertilised ovum travels into the uterus with the help of the hairy cells and gets stuck into the bed-like internal layer of uterus and attains full growth. If there is swelling in the tubes then its hollowness is destroyed and the ovum is not able to reach the uterus and the woman cannot attain motherhood.

Ovary - Ovary in woman corresponds on the scrotum of men and its internal secretions provide maturity to her womanhood and motherhood. Ovaries are two in number, almond-shaped, grey coloured and attached to the uterus with broad ligaments. It varies greatly with childhood, youth, pregnancy and menopause. Its external layer is called germinal epithelium out of which primary follicles develop. Its commissure tissues have little islands of cells scattered on them out of which ovum is developed.

A cause of universal unrest

Abortion : Slaughter of Unborn Babies

Gopinath Agarwal

There are certain organizations in India, as all over the world, working for the stopping abortion. We are in receipt of a letter from one such organisation, namely Society for Protection of Unborn child, soliciting support in their endeavour. The organisation is situated at 23, Kapil Vihar, Prretampura, New Delhi - 34 having branches at Calcutta, Chennai and Mumbai. However, the addresses of the branches are not given on their letter pad. The pad displays a catalogue of anti-abortion literature published by Geeta Press, Gorakhpur and their audio & video cassettes. We have perused the booklet 'Abortion : Proper or Improper?'. Like all themes, even abortion or family planning has several aspects. Inspired by the letter of the above organisation, we have tried to submit before our enlightened readers the various viewpoints on abortion and family planning. We hope, the readers will send us their opinions on this burning topic. We will publish their views, in brief, in our next issue.

The editor

A 'National convention on Living Rights' was called in 1984, in Kansas City, U.S.A., wherein a ultrasound film entitled 'Silent Cry' was exhibited by one Mrs. Sandy Ressel to the delegates.

The baby girl in the womb was ten-weeks old and quite dapple. She was playing, changing side and sucking her thumb. Her heart was palpitating at the normal rate of 120. However, the moment the suction pump touched the wall of the womb the innocent child turned and shrank out of horror. The palpitation became faster. Though the instrument had not touched the baby, she appeared to be extremely apprehensive.

The instrument now started shredding her into bits. The job was over in 15 minutes. The waist was cut first. Next the legs were cut. She was being cut as a vegetable. She was tossing about and trying to avoid the instrument. The palpitation was as high as 200. She was being watched trying to protect her

head and opening her mouth to cry in anguish. At last, everybody saw the cruel and disgusting scene of the tongs groping for the head, getting hold of it and crushing into bits.

The operation was performed by Dr. Cunard Nathanson. When the doctor saw this film, he was so disgusted that he foreswore not to perform anymore abortions in future.

In U.S.A. 1.5 million abortions are performed yearly. According to a news item published in the Hindustan Times dated 25 March 1993, the then Health and Family Planning Minister Mr. B. Shankarananda, informed the Upper House that during the last three years 1.8 million abortions were performed in the recognised clinics of the country. According to an unofficial estimate, 5-2 million abortions occur in India, every year.

Such a mass slaughter of unborn children cannot be justified by any means. Now-a-days, even murders are not awarded capital punishment in many countries of the world,

because no one has the right to take the life of another being. Murder of unborn children is even more terrible. Hanging kills one instantly, whereas, in abortion the child is killed slowly and painfully. Capital punishment is awarded to only those who have committed heinous crime whereas abortion entails the slaughter of innocents only.

Even if the abortion is carried out just after the fertilisation, it still is the killing of a living soul. By the time, the mother perceives her having become pregnant the child is endowed with a throbbing heart, developed brain, dynamic limbs and the child has started reacting already.

In 'The Secret Life of Unborn Child' Dr. Thomas Barnely states that when bright light is cast over the belly of a five months old pregnant, the child in the womb covers its eyes with hands and if you expose it to high pitched music, it uses its hands to close the ears.

12 week-olders can like

music & identify the various melodies. At times, a crying child, suddenly stops crying to hear its favourite melody which it had appreciated when it was growing in the womb. Newborns are capable of enjoying those tunes only which they have had admired in mother's belly. We are told that Abhimanyu had learned the trick of piercing the Chakravayooaha in foetus itself. The scientists have established the fact that nature makes the child competent to learn everything by the sixth month of pregnancy. It starts looking and hearing everything and even

experiences smelling and tasting.

We often find that the offspring of a doctor is a doctor, that of a lawyer is a lawyer, that of a cricketer is a cricketer and so forth. The child in the womb receives the impressions of parents knowledge, tastes, likes and dislikes etc. and at right moment draws from it to acquire forte. The musings of the mother impress themselves upon the child's brain.

The Orissa government is going to initiate the training programme of unborn children at the National Institute of Habitat

Management, Bhubaneswar. Pregnant mothers will be instructed during the fourth and fifth months of pregnancy to educate the child. Because, by that time the brain of the child is fully developed and receives signals through psychosomatic reactions, as is clear from the event of Abhimanyu.

Pregnant women who undergo abortion or murder of the foetus rue it to the end of their lives. They become ridden with diseases and their families consumed by strife, anxieties and diseases. One third of the abortionists never attain motherhood.

About 50 million abortions are carried out all over the world every year, out of which, about 50 per cent are illegal. About 200,000 women forfeit their lives and lakhs of women become confirmed life-long patients.

All religions regard abortion as a great sin. According to Hindu religion, a woman who undergoes abortion in this life, becomes barren in her subsequent lives. It is forbidden to see an abortionist's face and one should not even drink water offered by her.

During the world population convention in Cairo, in 1964, Mother Teresa had declaimed that 'the topmost evil destroying world peace to-day is abortion. If the mother can kill her own child then anyone can kill anyone. Only the giver of life can take it. No one else, be she the mother, father, doctor, convention or government can take it.'

Growing Slaughter of Female Foetus

India has progressed in the areas of industry, science and technology. However, at times, this progress becomes the cause of injustice due to the prevalent backward or feudal mentality. The modern medical science, especially the progress of diagnostic techniques have rendered the destruction of femal feotus very easy. Between 1978 to 1983, 78,000 abortions were carried out, by the technique of sex-determination, specially amniocentosis. Initially the technique was evooved to diagnose the hereditary diseases and the test should be carried out only on pregnant women of 35 years and above who have had three or more abortions.

A survey carried out by a student of Delhi University has revealed that Delhi has become a centre of sex-determination clinics and slaughter of females in embryo. It is strange that this tendency is very strong among the educated middle class people. This only proves that the education does not change the mentality. This inhuman tendency has created a deep imbalance in the male-female ratio of the population. During 1981, there were 935 females per 1000 males, whereas during 1991, the ratio has fallen to 929 females per 1000 males; in certain states the number of females is just 882 per 1000 males. There is a need of awareness and disociation from male domination among the women, as because the womenfolk undergo the test knowingly.

A vicious circle of doctors, sex clinics and abortion clinics has come into being which refer the cases between themselves and thereby mint money. Though there are laws to stop this misuse of science, yet their effective enforcement is not possible without changing the outlook of the society.

भ्रूण की लिंग जांच गैर कानूनी है

गर्भस्थ शिशु (भ्रूण) की लिंग जांच के लिए अल्ट्रासोनोग्राफी एमनियोसेंटेसिस आदि जैसी प्रसव-पूर्व निदान तकनीक का प्रयोग 9 जनवरी, 1996 से गैर-कानूनी है।

प्रसव-पूर्व निदान प्रक्रिया का प्रयोग करने वाले किसी व्यक्ति द्वारा भ्रूण के लिंग सम्बन्धी जानकारी देना भी गैर कानूनी है।

इस कानून का उल्लंघन करने पर प्रसव - पूर्व निदान तकनीक (विनियमन एवं दुरुपयोग निवारण)

अधिनियम 1996 के तहत दण्ड का प्रावधान है यह अधिनियम 30 जनवरी, 1996 से पूरे प्रदेश में लागू है। प्रसव-पूर्व निदान तकनीक का प्रयोग केवल निम्नलिखित विकृतियों की जांच हेतु अधिनियम में वर्णित शर्तें पूरी करने पर ही किया जा सकता है :



- गुण सूत्र सम्बन्धी विकृति / क्रोमोसोम सम्बन्धी विकृति
- आनुवांशिक उपापचय रोग / जेनेटिक मेटाबोलिक रोग / हेमोग्लोबीनोपेथाइसिस
- लिंग सम्बन्धी अनुवांशिक रोग
- जन्मजात विकृतियां
- जन्मजात विकृतियां

केवल अधिनियम के अन्तर्गत पंजीकृत आनुवांशिकी क्लीनिक, आनुवांशिकी प्रयोगशालाएं एवं आनुवांशिकी परामर्श केन्द्र ही प्रसव पूर्व निदान तकनीक का प्रयोग और आनुवांशिकी परामर्श प्रदान कर सकते हैं।

डाक्टर और तकनीशियन ध्यान दें :

कृपया अधिनियम और कानूनों की जानकारी प्राप्त करें तथा अपने यहां उपलब्ध सुविधा का पंजीकरण करायें। अधिक जानकारी के लिए परिवार कल्याण निदेशालय, उत्तर प्रदेश, लखनऊ मण्डलीय; अपर निदेशक, चिकित्सा स्वास्थ्य एवं परिवार कल्याण अथवा अपने जिले के मुख्य चिकित्सा अधिकारी से सम्पर्क करें।

Planning for Familial Happiness

*Population control, family planning and its appliances are in incessant discussion. However, certain related topics are left out of this as ancient, old-fashioned and anathema. A large family is believed to be the one and only cause of poverty and the centralisation of resources in few hands, the snatching away of the livelihood of the poor and abandoning the interests of society for self-aggrandisement are ignored. We are losing the qualities of continence and celibacy, lauded by all religions and pervading our society. All our seers like Mahatma Gandhi & Mother Teresa have laid stress on this theme. Many thinkers and social workers have been advocating a holistic policy towards family planning. Dr. Ragini Prem, who has dedicated herself to the service of poor forest-dwellers, has written a booklet entitled *Pariwar Sukh, Kaise ? (How to Achieve Familial Happiness ?)* The following succinct article is based on the above. Dr. Rajini Prem has written on various themes. Please write for further information to **Dr. Ragini Prem (M.D.), Sonbhadra Zila Sandarbha Kendra, Vanvasi Seva Ashram, Govindpur, Sonbhadra - 231221, U.P.***

Editor.

In all societies, the production of off-spring has been the only means of the proliferation of clan and continuity of life, since time immemorial. When science & technology were not as advanced as today, natural calamities not only used to control the population, but sometimes wiped out entire families too. Proverbs like 'bathe in milk and be fruitful in offsprings' must have come into being in such times. With the passage of time, the population started growing owing to the triumph of man over the nature and a great deal of success in fighting various diseases. Initially, the resources being adequate for all, and in the absence of large, heavy industries, the situation was not so grim. However, by now, the growth of heavy and large industries and growing population and consumerism have mounted terrific pressure over the resources and consequently population control has become absolutely necessary.

Family planning must be seen in the context of a totally happy familial, social and national life. In ancient times, the class & stages of life arrangement, then prevalent, was the best source of happiness in the family. Studying and acquiring skills from childhood to youth, thereafter marrying and serving the family and society and earning money, and subsequently, when the offsprings were getting ready for marriage and family life, to hand over the charge of the family to them and retire to work for the comprehensive interests of society and finally in the last stage of life i.e. in very old age to relinquish the world and trying to

achieve Nirvana, were the essentials of this arrangement. Voluntary relinquishing of headmanship by the older generation, and inspite of differences of opinion, veneration of the older generation by the younger generation is the special feature of a society which has kept the structure of our family and society very strong. Now-a-days, in spite of the economic affluence, families are dissociating in western countries and old people are obliged to live in old people's homes, away from the family. In previous decades, the laissez faire states created the infra-structure of creches, old people's homes, hospitals etc. which engendered a feeling of freedom from family in the minds of people. However, this infra-structure is cracking now due to the so-called structural adjustments etc. In such a milieu, the western scholars are hopefully and wishfully looking towards the Asian countries, especially, towards the Indian society. However, it is a matter of regret that our younger generation is increasingly becoming a prey to bohemianism due to consumerism and cultural decline. Today continence has lost its significance and means of family planning are becoming the props of debauchery. Its evil consequences are forthcoming. We are again facing the challenge of balancing our personal ambitions with social concerns and using the appliances of family planning only for the happiness of family and society.

Family Planning by Continence

Prevention of childbirth through artificial methods is not a new thing. In by-gone days, people used to try to prevent childbirth secretly through uncouth practices. The modern society has accorded respect to these means, has improved upon them and given them a philanthropic flavour.

The propagandists of contraceptives say that lust is a natural phenomenon, a gift of God. Its repression, even if possible, is not proper. In their opinion, contraception through continence is very difficult to achieve, and if there is no alternative to continence then the health of numerous women will be spoiled by frequent pregnancies. Apart from this, if there were no bar against child birth, then population will grow by leaps and bounds, many families will become poorer and their children shall remain half-clad, half-fed and ill-educated.

Therefore, in their opinion, scientists should invent harmless and hundred per cent sure means of contraception. However, I do not feel able to



M. K. Gandhi

agree with their views. Contraceptives may give rise to unimaginable calamities, but the worst of them is that they kill the will of continence. In my opinion, this is a high price for a meagre & temporary benefit.

If you take my advice, keep all contraceptives away as you would avoid poison. Try honestly to control yourself. Keep your mind and body so busy that your energy finds proper outlet. You need a healthy hobby to attach your mind to after being tired from physical labour. Cultivate it. Don't waste even a second or the satan will enter the mind. Thus real love will blossom between husband and wife. This love shall flow along a healthy direction. Both will incessantly proceed towards their ethical eminence.

Having once experienced the bliss of real renunciation you will keep away from animal pleasure. The root of the animal pleasures is the brain. If men and women try to forgo the physical act without controlling the brain, then they shall never succeed. If there is a determination to control the brain and act accordingly then success ensues. It must be realised truly that the God has not created human beings to indulge into physical desire only.

Jeevaniya Medicines

Many of our readers often write to us about non-availability of authentic raw drugs as well as prepared medicines. We, therefore, offer to provide you thoroughly examined crude drugs as well as medicines prepared by our physicians for your specific problems.

We are preparing some Churnas and Medicines for use in our Charitable Dispensary under the guidance of our Vaidyas with best crude drugs available in the market as well as collected from the fields by our volunteers.

We shall try to provide you these medicines at very nominal costs. You may write to us for your specific needs particularly in the context of traditional medicines described in our bimonthly magazine.

"Abortion, More Terrible than War"

Everybody to-day is familiar with the service and renunciation personified in Mother Teresa who recently laid down her life. Even though a Christian, she may be deemed a true 'Vaishnava' by virtue of her empathy with the pain of others.

Born in Albania on August 26, 1910 Teresa came to India in 1928. She worked as a teacher upto 1944 and subsequently at the call of inner soul she asked the permission of church to work in the slums. Mother Teresa adopted the Indian nationality in 1947 just after the independence, gave up the convent uniform and adopted blue bordered cotton saree. She established centres of 'Missionaries of Charity' all over the world, catered food to the hungry, support to the destitutes, education to the children, treatment to the leprotics and love to all. She established more than 500 centres in over 100 countries of the world. Mother Teresa was awarded many prizes in India and abroad, one of them being the Nobel Peace Price of 1979.

Her opinion about family planning and abortion is same as that of the orthodox church. She never changed her opinion in deference to the popular thought. The centres established by her are dedicated to serve the children abandoned by mothers or born before time, however short their life may prove to be. Mother Teresa said, 'even if a child has only few minutes to live he should not be abandoned to die unattended and alone. Even a new born child can understand human love. Therefore even dying children need love and attention. Everybody in Calcutta knows and I have said many times that if there is an unwanted baby don't abandon it to die alone but send it along to me.

Abandoned children were welcomed in Shishu Sadans of Mother Teresa. Those who want to adopt a child, also contact these houses.

Mother Teresa favoured only the natural method of contraception, to wit, continence. She believed that continence engenders mutual love and trust and thousands of births have been prevented by



Mother Teresa

this method. Under natural family planning people are asked to refrain from intercourse for some days according to the periods. This method is by no means infallible and there is no help to those girls who have been forced to adapt prostituting. In spite of being aware of these problems Mother Teresa was not prepared to relinquish the opinion of Roman Catholic Church on family planning. Abortion was a hateful word for her. She had said during her speech while being awarded the Nobel Prize "There are many who are worried about the children dying due to malnutrition in India and Africa, but hundreds of thousands of children are being wilfully slaughtered by mothers. If mother is allowed to kill her child then there is nothing to defend." The premier show of a film on Mother Teresa was organised on the fortieth anniversary of U.N.O. Mother Teresa on that occasion said that "We are afraid of atomic war, we are afraid of this dreaded disease called AIDS, but we are not afraid of the murder of innocent unborn children. I feel abortion has become the greatest danger to the world peace."

Mother Teresa had declared, 'I believe, a country which allows the murder of unborn children is the poorest country. It is afraid of handling a child so that it may enjoy life a little more.'

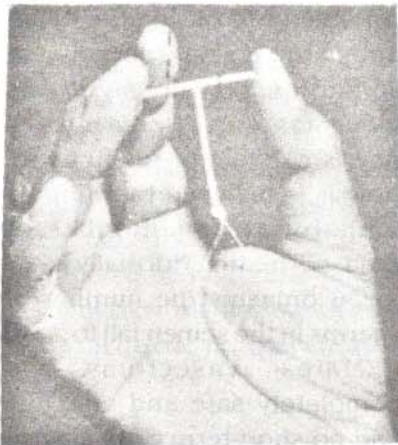
Means of Family Planning

The need of family planning has been generally accepted by all to-day. It is the responsibility of male and female both so husband and wife should adopt some means of family planning by mutual consent. It has been seen that some men lay the responsibility of family planning upon their women, which is a fatal tendency because the upbringing of children devolves upon both. Apart from this, some means of family planning could be used by men without difficulty or harm to their health. The means of family planning fall into two categories natural and artificial.

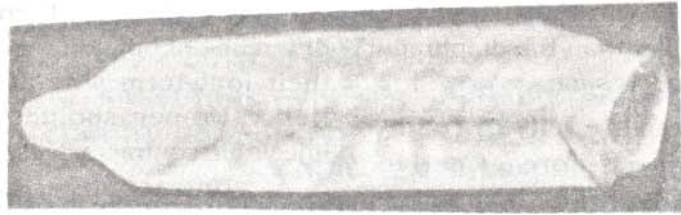
Natural Means

Among all natural means the best is avoidance of the intercourse by means of continence. Conception may be avoided by coitus interruptus, to wit, withdrawing from coitus before the orgasm.

A woman is able to conceive



Copper - T



Condom

only when the ovum is ready every month. The ovum is fertilizable within 24 hours of its formation. If coitus is avoided during this period, fertilisation is successfully avoided. This method, however, involves many difficulties, e.g. if the menses are irregular, the safe period cannot be successfully identified. Apart from this, a mucus forms inside the uterus alongwith ovum which keeps the sperm alive from the seminal fluid for one week and can fertilise the ovum. The followers of catholic faith regard the natural means of family planning only acceptable so they have institutions who actively advice regarding avoiding conception by testing the mucus in the vulva and body temperature.

Artificial Devices

Artificial devices of contraception are manifold. These devices do not apply any bar on intercourse and stop fertilisation by artificial means. Temporary methods may be used for the proper spacing of children and permanent methods may be used to stop the child birth for ever.

Temporary Means

Temporary means are many

like condom, diaphragm, cervical cap, spermicide cream, loop, copper-T and contraceptive pills. Contraceptive pills are dealt with in a separate article in this issue. Before adapting a suitable contraceptive means a doctor must be consulted.

Condom is the most widely used contraceptive measure. Apart from preventing conception condom prevents the infection of sexually transmitted diseases including AIDS. No other means supplies this benefit. Moreover it is easily available and its use does not exert any harmful effect. It is perfectly safe and 98 per cent efficacious. Its use inculcates the feeling of contraceptual responsibility among the males.

Diaphragm & Cervical Cap

These are rubber caps to be used by women. Before intercourse the cap has to be fitted on the cervix. These are available in many sizes. Women can themselves put on and remove these caps with ease. For further safety spermicide cream may be used simultaneously. Used in conjunction with cream the means is 98 per cent effective.

It should be taken out only

after the lapse of 6 hours after the coitus. It should not be used in case of any disease in the cervix. Cervical cap happens to be smaller than the diaphragm and used as such.

Spermicide Jelly or Foam

Foam is more effective. Normally foam is used in conjunction with diaphragm or cervical cap-spermicide pessary may be used singly. Spermicide sponge may also be used for contraception.

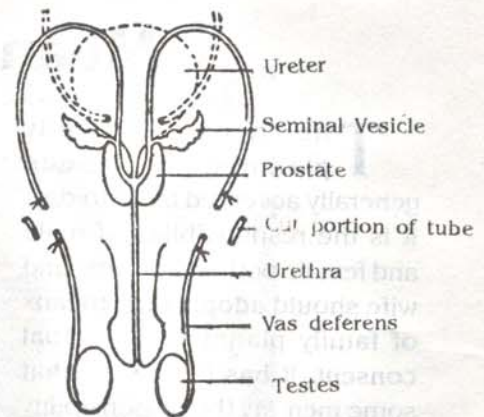
The above mentioned devices are to be used while doing the physical act. On the other hand, Loop and Copper-T are devices to be fixed once for a long time. You don't have to change it of and on. Nowadays copper-T is being more widely used. After being fitted into the uterus it destroys the sperms and precludes the fertilization of ovum. Copper-T is fitted after being tested and once fitted can stay put for five years. There must be no infection or disease in the vagina while the copper-T is being fitted. There may be a mild problem of nausea or bleeding for a day or two, if the problem persists, a doctor should be consulted. Copper-T can be taken out by a doctor only. Copper-T should not be fixed till the lapse of six weeks after childbirth or abortion. Women who have problems like inflammation of womb, cervical cancer, ectopic pregnancy and bleeding without cause are not advised to have copper-T. The copper-T is 95 per cent sure and after removing causes no problem in conceiving.

Depo provera and certain other injections are used as contraceptives in many countries. However there are difference of opinion regarding their long-term side affects. Hence women should avoid injectable contraceptives.

A contraceptive called norplant was used to be fitted just below the skin, attached to the nerves, sometimes ago, as an experiment. However, women's organisations vigorously opposed this for its long term side effects and was discontinued in consequence. Researches for new contraceptives are on all over the world, but no research is being carried out for temporary contraceptives for men which is regrettable. It seems, there still persist areas where female body is treated as a laboratory.

Permanent Means

During the last two or three decades crores of people, determined to prevent the advent of any more children, have adapted permanent contraceptives. Male and female vasectomy are the permanent means of contraception. Male vasectomy is by far the easier and hence it is, the males who should undergo this operation. In our country, initially men enthusiastically adapted it but since last two-three decades their enthusiasm seems to have died out and now it is women who adapt it. The reason seems to be that the male-dominated society passes the responsibility of contraception to the women folk. It may also be due to the



Vasectomy

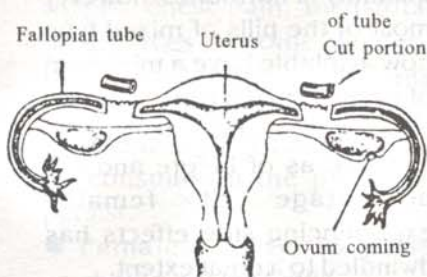
erroneous thought that vasectomy leads to loss of potency among men.

In male vasectomy, both the vessels carrying semen are cut so that the semen does not reach the womb. The semen is produced incessantly but is absorbed in the blood. It is a minor operation and requires no hospitalization. Those who undergo this operation do their usual work in a normal manner. This operation does not affect the production of semen in the body, so orgasms occur as before, and the quality of orgasmic ejection remains unaltered, however it contains the least of sperms. After the operation one is still capable of fertilising the ovum due to the residual sperms, for some time. Previously it was thought that up to three months one is capable of procreation. Now it is believed that time is immaterial and number of orgasms matter. Normally in 24 to 36 orgasms the number of sperms in the semen fall to zero.

Male vasectomy is completely safe and effective and no short-term or long-term

side effects have been reported so far. In inordinate circumstances the semen carrier vesicles may be joined to make the male capable of fertilisation. However, women tubectomy is a one-way operation.

Female Tubectomy



Female tubectomy is also a permanent means of contraception. In this both the fallopian tubes are closed so that the union of ovum and sperm is precluded. The female tubectomy began in 1834. By now many improvements have been effected to it. Now most of the tubectomy is performed by Laparoscopy. A one cm. incision is made and fallopian tubes are closed by Laparoscope machine. A woman can go home, after the lapse of sometime, after the operation. Previously she had to be hospitalized for 2 or 3 days. Women may feel pain in the chest or body after the operation which vanishes on its own without any medicine. After the operation the woman should not put in hard work for a week and then can do her normal chores.

Early Marriage a Hurdle

in Reproductive Health Care

Even after 50 years after independence and several laws to the contrary, child marriages in our country are still prevalent due to various reasons. It has become customary amongst certain tribal and rural communities. About half of the women in India are married before the legal age of 18 years and have their first conception before the recommended age of 20 years, thus posing a major hurdle in the country's effort to improve the reproductive health care.

This was revealed by the Indian Council of Medical Research through its human reproductive research centres in different parts of the country.

Studies conducted on about 93,000 married women in the 15-45 age group indicated that though there were wide variations among different states, 49 per cent of women were married before the legal age of 18.

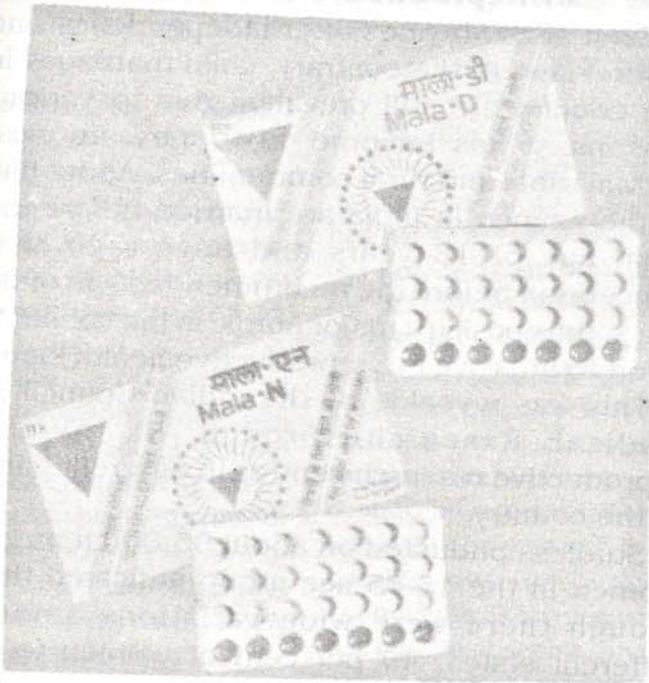
There was poor male participation, as only 12 per cent used either vasectomy or condom. However, if natural family planning methods (mainly safe periods and withdrawal) are included, the share of male participation increased to 22 per cent. The main reason amongst 14,000 women who had never used any modern family planning method was that their desired family size was not complete. Being newly married or fear of side effects of contraceptives and difficulties in using them, or practice of natural family planning or opposition from family members, were the other reasons.

The majority of non-users were aware of at least one modern method of family planning and at least one source from where it could be obtained.

Among 8,600 school girls, 60 per cent had correct knowledge of the legal age of marriage but only 30 per cent knew about the availability of government health facilities.

Pill : Empowering the Women

Dr. Umesh Kumar Srivastava



The contraceptive pill used by women is by far the most effective method among the modern devices of contraception. Pill has given the women liberty to enjoy the sex without fear of procreation. It has indeed empowered the women. This is a temporary method of preventing pregnancy. Conception can be easily achieved by discontinuing the pill. There may be certain side effects of pill on some women. So before starting to take the pill, one should get examined herself with other devices of family planning.

These pills are made of the hormones oestrogen and progesterone prepared by ovaries of women themselves.

These pills are given to create

an imbalance of hormones in the body so that the process of formation of ovum is obstructed. If a woman takes pill regularly and at fixed hour then the possibility of her conception during the use of the pill is almost nil. The pill offers women their birth right i.e., conceiving at will. Normally the contraceptive pill becomes effective after the lapse of one month, so in the beginning, another contraceptive device, such as Nirodh should also be used simultaneously.

Though there may be many types of contraceptive pills, yet the mixed type happens to be the most effective. The female takes one pill every day consecutively for 21 days. Thereafter, hormone-free pills i.e. inactive

pills are taken for one week so that her monthly bleeding occurs at the fixed time.

The contraceptive pills of yore used to contain a large quantity of hormones, however most of the pills of mixed type now available have a minimum of oestrogen and progesterone. Due to this, the pills are as effective as of before and the percentage of females experiencing side effects has dwindled to a great extent.

Generally all young and healthy females can take contraceptive pills. However, the pills taken by women who take wine and tobacco or are above the age of 40 years may develop health problems.

Those females who have ever had any of the following problems or have it currently should use some other contraceptive device such as copper T instead of pill.

- Cancer in genitals or breasts.
- Strokes due to the diseases of heart or brain
- Migraine
- High or low blood pressure or excess of cholesterol in the blood.

Apart from above, contraceptive pills should not be taken without consulting a doctor in following conditions :-

- the age of the female exceeds 40 years.
- the female indulges in smoking.
- If there is a family history of

heart/blood pressure, diabetes, epilepsy.

- gall-bladder stones, menstrual disturbance.

Prior knowledge of the side effects of the pill makes the female mentally ready to face them with equanimity. The use of the pill may cause nausea, headache, increase in body weight, chest pain, menstrual disturbances in some women. However, these problems disappear on their own shortly after some time. A doctor should be consulted if the problems persist.

- Females above 35 years should not take pills.
- Though a healthy female can use the pill incessantly for years and years, yet she should seek doctor's advise before continuing to take after 10 years.
- Traces of hormones may reach the breast milk, so during breast-feeding pills should be discontinued and other contraceptive devise resorted to.
- If the user is having

complaints of diabetes, blood pressure heart diseases, thrombosis etc. then she should immediately consult a doctor.

- If a user wants to conceive then she should discontinue the pill and use some other non-drug contraceptive for 2-3 months and thereafter give up even that and endeavour to conceive. There is no harm to the future embryo by the use of contraceptive pill, yet this elaborate procedure precludes apprehensions, if any.
- Use of pills helps those women who have had menstrual problems viz. irregular menses become regular and there is some respite even from premenstrual tension and pain in the lower part of abdomen.
- The contraceptive pill considerably reduces the quality of monthly bleeding and as such it helps those women who are anaemic.

Precautions

- Pills should be taken daily at a fixed hour only. If a delay of 12 hours occurs on any day then two pills should be taken on the subsequent day. Moreover, for subsequent two weeks the pill should be followed by the use of condom, diaphragm etc. as well.
- In case of abortion or miscarriage the pill should be started immediately.
- Discontinuation of pill may stall the menstrual cycle for up to one week. The normalisation of cycle may take 2-3 months.
- You cannot rely on pills if
 - you have skipped one or more pills
 - your stomach has become upset within 4 hours of taking the pill.
 - if you are in addition to the pill taking Tetracyclene, Rifampicin or some purgative.

**Endocrinology Deptt.
CDRL Lucknow.**

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The Family Planning Programme Milieu

The population of India, which was 23 crores in 1901, grew to 85 crores by 1991, is now 98 crores and is likely to become 100 crores by 2000. The growing population is laying mounting pressure upon the resources. Planning of the growing population or family planning is being mused upon since long ago. Apart from the government, many individuals

have tried to prevent the birth of children. The first birth control and contraceptive clinic was established by the famous mathematician RD Karve in Girigram with the help of his wife. Inspired by Prof. Karve many clinics of this ilk came up all over the country.

Family Planning Committee was set up during 1949 under the presidentship of Madam

Dhanwanti Rama Rao. The name was changed to the Family Planning Association of India. After the independence, the Indian Government heeded family planning, being alarmed by the growing population. During the first five year plan (1951-56) Rs. 65 lakhs were allotted to the family planning programme. However only Rs. 14.50 lakhs were spent and 126

Poverty & Population Growth

It has become almost a fashion nowadays to blame the growth of population for all our ills, viz., poverty, malnutrition, unemployment & diseases is asserted to the population growth and it is stated that unless the population decreases these ills cannot be abolished. Superficially the statement seems to be correct. However, serious consideration reveals that it is not the total truth.

Malthus, claimed in 1798 that people are poor because they are many in number. He had advised the poor to practise self-restraint, marry late and bridle the growth of population. Malthus probably knowingly ignores those causes which had compelled millions to give up their means of living and migrate to cities. Since wool became very costly, the landlords of England of those days converted their agricultural farms into sheep farms and consequently millions had to move to the cities in search of employment.

During the British regime in India, the peasants were encouraged to grow cash crops like

groundnut, sugarcane cotton, jute etc. because they required it. It resulted in the shortage of foodgrains and unemployment. Changed revenue system led to land accumulation in limited hands increasing unemployment and starvation. 2.5 million people died in famines that occurred between 1800-1900 A.D.

Unemployment proliferated closure of small scale industries in India and the migration of unemployed to the cities caused to raise the bogey of the growth of poor population. Even today the land is accumulating in a few hands due to the adaptation of modern methods of agriculture. Peasant workers are becoming increasingly unemployed and population of the poor is increasing due to this accumulation of land and mechanisation of agriculture. During 1962-1972 the number of peasant workers grew by 87.5 per cent whereas the rural population grew by 21.11 per cent only.

There is no direct link between the growth of population and unemployment. Unemployment

results from the use of heavy industries, destruction of small industries and techniques precluding the necessity of labour. The unemployment boomed by 252.8% during 1956 to 1971 whereas population grew by 35% only.

The fiscal policies being adopted after the independence especially the liberalisation, privatization & globalisation have proliferated poverty & unemployment both. The statement of government is a half truth that the benefits of development do not reach the poor due to the growing population.

Truely, we have formed a wrong notion about development, wherein a few are concentrating the resources in their hands at the cost of the majority who are being pushed towards starvation, malnutrition, unemployment, diseases and misfortune. The need of the day is to ensure equitable distribution of resources, adopt techniques of the maximum utilisation of human labour and the path of viable development and stop blaming the growth of population for all ills.

family planning centres were established in urban areas and 21 in the rural areas. During the second five-year plan (1956-61) Rs. 497 lakhs were allocated and only Rs. 215.6 lakhs were spent. By the end of 1961, 721 urban family planning centres were already functioning. The government observed the fast growth rate of population in the census of 1961 and set up the target of reducing the growth rate to 25 per 1000 and to achieve this goal allocated Rs. 2697.60 lakhs. Most of the money went into the laying of the infrastructure. During 1966-69 alongwith other means vasectomy and loop programmes were finalised, a time limit and objects were set up. Vasectomy being associated with cash encouragement, male and female vasectomy data grew. However the census of 1971 exposed the hollowness of these data. In spite of all elaborate efforts the rate of growth could be only imperceptibly reduced from 41.7 in 1961 to 41.2 in 1971. On the basis of a countrywide survey the Operation Research Group established that the causes were lack of education and information regarding the means of family planning. Rs. 33000 lakhs were allocated during the fourth five-year plan (1969-1974) out of which Rs. 28443.30 lakhs were spent. During the fifth five-year plan (1974-79) harassment and unconstitutional means were resorted to due to the influence of Sanjay Gandhi, which gave a bad name to the programme itself. During this period family

planning meant compulsory vasectomy. According to Prof. Ashish Bose during the period 7 million compulsory vasectomies were carried out. As a consequence the Indira Gandhi government had to fall. Thereafter efforts were made to link family planning with the health of mother and child and the name was changed to Family Welfare Programme. Apart from the nominal change, no other difference was observed. During the sixth five-year plan (1980-85), though Indira Gandhi returned to power she refrained from repeating the previous mistake and programme was implemented without coercion. In this plan Rs. 1429.26 crores were spent. During the seventh plan (1985-1990) Rs. 3256 crores were allocated to this programme, out of which only Rs. 2850 crores were expended.

Causes of Failure

Among all governmental programmes this is the only programme which is known to all, especially the rural folk. In spite of this the programme has not been successful. Had it been salutary to the female health and the females knew it to be so it might have succeeded. However, it did not come to that.

Under the family welfare programme stress was laid upon contraceptive pills, I.U.D. such as copper-T, loop and vasectomy; and condom, diaphragm, foam and natural means which have minimum of detrimental effect upon their health were ignored. Women were not precisely informed

about the methods that were being used.

The use of loop and copper-T began in 1965 in India. Science magazines were writing about their bad effects all over the world but these warnings were ignored and women were not even informed properly about that. I.U.D. using women are prone to pelvic inflammation, especially those who have already some sexually transmitted disease. Loop-using women are likely to bleed about 50 to 100% more, during menses. This may be more dangerous in India, where 50% of the womenfolk of the age group 15 to 44 are anaemic.

Contraceptive pills have manifold ill-effects and can harm at least in the case of 26 diseases. However, this information is withheld from them. This ignorance can produce dangerous situations among rural uneducated women. Untimely and irregular use of pills multiplies the possibility of fertilization. Womenfolk generally do not care about these which breeds lack of confidence in the means of family planning.

In our society women have no or negligible say about the number of children or their spacing. Generally they are forced to create offspring during the very first year of their marriage. Apart from this, they are also compelled to give births to a male child even if it means giving birth to a string of female children or having abortions in dangerous situations, after the sex determination of the child in

the womb. I.U.D. is a temporary device of contraception, but many women use it interminably, as it prevents the conception to some extent. Male vasectomy is an easy and simple operation in comparison to the female vasectomy, yet social pressures force the women folk to undergo the vasectomy. Due to this male vasectomy which was 89.6% of the total during 1967-68 has come down to just 8.2% during 1989-90. Though efforts have been made to dispel the erroneous concept that vasectomy leads to loss of virility, yet the concept persists even to-day.

In the ninth five-year plan now, the family planning has been made target-free approach, i.e. the sub-centres will decide the data and their total would be the object of district and state. Thus the determination of data as now changed hands yet the programme being executed by the bureaucratic machinery there is hardly any possibility of a real change in the effectiveness of the programme.

In order to make the family welfare programme a success it should be linked effectively with the upliftment of women and children. For this, women have to be strengthened within the society. If poverty, social oppression and illiteracy stays put, as it is, then family planning has no meaning for the poor women. Poor women could be inspired to keep their families small only by assuring better healthy, life, education and social respect to their children.

Contraceptive Pills for Males

It is women who have to bear the brunt of growing population. The responsibility of contraception is almost totally consigned to them. The aim of all methods ranging from vasectomy to norplant and contraceptive vaccines now, is the female body. In India, the drive for male vasectomy has brought down even a government.

It is said that the making of a male contraceptive has not succeeded so far because of the umpteen number of sperms whereas a woman normally makes a single ovum in a month. So the destruction of sperms is not easy. Many years ago it was thought that we should tamper with those chemicals in the body which are necessary for the preparation of sperms. Gossypol, derived from cottonseed oil, was seen as a possibility. But it was said then that it is not safe to tamper with the hormone cycle of the body, as it can upset the balance of other functions as well.

Long-term use of Gossypol results in the shrinking of testicles and discontinuation of the pill may not restore the capacity of procreation. The use of such chemicals can obstruct the sexual pleasure of man and their secondary male symptoms (stubbles etc.) may be finished. Thus Gossypol went into the cold storage.

Interestingly, the female contraceptive pills also tamper with their hormone cycle, tend to destroy their body equilibrium and their prolonged use may render them unable to conceive. Even then female contraceptives are being openly sold and encouraged by the governmental advertisement media. Contraceptive injections, norplant and even vaccines that can destroy the hormone cycle are being brazenly encouraged. The marketing rights granted to Depo provera in India, in spite of all opposition, may be said to be an uncommon incident.

Now, once again there is a claim of Mr. Joseph Hall from North Carolina University, that he has obtained a sugar that can obstruct the functioning of sperms. This sugar does not interfere with the formation of sperms. It has been tested upon rats and according to Mr. Hall, the tests were satisfactory.

Now Mr. Hall is trying to patent it and use it on men. However, in view of the social mentality of the population lobby, it does not look that Mr. Hall would succeed to a very great extent. Companies are wary to wholeheartedly invest in such ventures, so male contraceptives have no chance of commercial support even.

Abortion : The Basic Right of Women

Women have been having abortions either covertly or overtly right from the beginning of creation, yet social and legal hurdles have been making it just beyond her approach. Customs and laws have forced her to have control over her body to suit the needs of the male-dominated society and thus tried to deprive her of the basic right of procreation and other rights as well.

Before the advent of modern medicine women used to cater to the health needs of the people of Europe, who were called women Healers. When the male-dominated medical system began, the doctors launched a concerted attack upon the right of abortion. The doctor's attack was based upon their Hippocratic oath. The American Medical Council during its session of 1859 demanded banning of abortion, the church supported this demand and thus abortion became crime in 1870 and was prohibited, except under certain circumstances. The milieu remained unchanged till 1973 when the supreme court of America, in one of its verdicts, initiated the process of liberalisation. Liberalisation began in England during 1967 by the promulgation of the law of abortion. In Oslo Proposals of 1970, the World Medical Association highlighted the need of abortion facilities. In spite of this liberalisation women did not get their basic right of abortion. The Right remained vested in doctors which helped to maintain the status quo of social relations.

Medical Termination of

Pregnancy (M.T.P.) Act 1967 was drafted on the basis of British Law. Before the promulgation of this law abortion was prohibited. In India the theme of abortion was not included in the agenda of women's movement, whereas in the west it has always been the chief topic of feminist movements due to a strong current of anti-abortion supported by church. Even in India we hear anti-abortion voices, however they are very subdued.

According to the census (1991) data, there were 6,28,072 doctors in all. On an average we have a doctor for 697 individuals which is too deficient. Moreover, most of the doctors are centred in urban areas. Though there are 22,441 governmental primary health centres distributed in rural areas, however most of these have no indoor facilities. There are only 32% hospitals in rural areas. Private health facilities being very costly are beyond the reach of common man. Abortion facilities are available in private and governmental sectors both. However the people at large do not know about these recognised centres. Though the number of abortions in recognised centres grew to 5,96,397 in 1990 from 3,81,111 in 1976, the number of illegal operations is increasing due to the recognised centres being too little in number with respect to the population. This phenomenon poses a great threat to the health of woman and in certain cases they even die. A survey conducted about abortions in non-recognised

centres has revealed that per legal abortion, there are three illegal abortions in rural areas and 4-5 illegal abortions in urban areas.

This number also seems to be less. Many studies indicate 8 illegal abortions for every legal abortion. Poverty and social causes like unmarried motherhood, widowhood or abandonment forces the women to undergo abortion. Rural surveys conducted before 1980 make it clear that most of the illegal abortions in rural areas were carried out by midwives. This is open to all now that A.N.M. and female health visitors carry out illegal abortions by the collusion of doctors in primary health centres utilising the available facilities there.

Safe abortion is inalienably linked with various social rights and status of women in society. It means their proper pre-natal care, safe delivery, child care, proper sexual and contraceptive education and protection from sexual and infertile harassment. The current form of family planning in anti-women society has made the female body into a workshop for the development of the means of contraception. There is a need to emancipate her from this situation and provide her with health facilities under the incessant observation of women's organisations.

(Based on 'Abortion, who is responsible for our Rights' authored by Aman Jesani and Aditi Iyer published in 'Our Lives our Health' on the occasion of World Women's Congress 1995 at Beijing.)



श्री कल्याण सिंह
मुख्यमंत्री, उ.प्र.

अल्पसंख्यकों के सर्वांगीण विकास

हेतु

प्रदेश सरकार कृत संकल्प



श्री राजा गजेंद्र अली खाँ
राज्य मंत्री (स्वतंत्र प्रभार)
अल्पसंख्यक कल्याण एवं वक्फ विभाग, उ.प्र.

अल्पसंख्यकों के कल्याण एवं उनके संवैधानिक अधिकारों के संरक्षण तथा उनकी परम्परागत शैक्षणिक, सांस्कृतिक एवं आर्थिक संस्थाओं के लिये राज्य सरकार की कल्याणकारी योजनायें।

छात्रवृत्ति :

◇ कक्षा 9 से 90 तक ऐसे अल्पसंख्यक छात्र/छात्राएँ जिनके अभिभावकों की वार्षिक आय गरीबी रेखा आय सीमा के दुगुने से अधिक नहीं है, को छात्रवृत्ति प्रदान की जाती है।

अरबी, फारसी मदरसों को वेतन आदि हेतु अनुदान :

◇ स्थायी रूप से मान्यता प्राप्त अरबी, फारसी मदरसों को शिक्षकों तथा शिक्षणोत्तर कर्मचारियों के वेतन हेतु शासकीय अनुदान।

अनुदानित मदरसों में पोषण अनुदान :

◇ अनुदानित अरबी, फारसी मदरसों को पोषण अनुदान, पानी, बिजली, भूमि तथा हाउसटैक्स आदि का भुगतान, भवन का रख रखाव एवं क्षुद्र जीर्णोद्धार तथा काष्ठोपकरणों को क्रय करने हेतु अनुदान।

केन्द्र सहायतित योजनाएं :

◇ अल्पसंख्यक कन्या उच्चतर माध्यमिक विद्यालयों में महिला छात्रावासों के निर्माण एवं अरबी/फारसी मदरसों का आधुनिकीकरण।
◇ मकतबों में शिक्षा केन्द्र स्थापित तथा संचालित करना।
◇ अल्पसंख्यक बाहुल्य क्षेत्रों में मिनि आई.टी.आई. तथा अरबी, फारसी मदरसों में व्यवसायिक शिक्षा तथा कम्प्यूटर साक्षरता केन्द्रों की स्थापना।

वक्फ सम्पत्तियों के पंजीकरण एवं रख-रखाव।

हज यात्रियों को सहायता एवं सुविधा :

◇ हज के सन्दर्भ में विस्तृत जानकारी देने एवं हज में उन्हें सऊदी अरब में आवासीय सुविधा उपलब्ध कराये जाने में सहायता।

वक्फ सम्पत्तियों का विकास :

◇ उ.प्र. वक्फ विकास निगम द्वारा औकाफ की भूमि/सम्पत्तियों एवं आवासीय केन्द्रों, कार्यालयों, छात्रावासों तथा विद्यालयों का निर्माण एवं मस्जिदों, दरगाहों, इमामबाड़ों, ईदगाहों, आदि की मरम्मत तथा विभिन्न दरगाहों व मुस्लिम दवादतगाहों में दर्शनार्थियों को आवासीय एवं अन्य सुविधाएँ उपलब्ध कराने का कार्य।

मार्जिन मनी ऋण योजना :

◇ उद्योग, व्यवसाय तथा सेवा के क्षेत्रों में परियोजना लागत का 9५ प्रतिशत या ४५ हजार जो भी कम हो ७.५ प्रतिशत ब्याज दर पर मार्जिन मनी ऋण के रूप में उपलब्ध।

टर्मलोन योजना :

◇ सामान्यता 9 लाख तक की धनराशि का ६२ प्रतिशत ऋण टर्मलोन के रूप में ७ प्रतिशत ब्याज पर उपलब्ध।

विद्यार्थियों के लिये ब्याज रहित ऋण।

पुलिस, पी.ए.सी. एवं फौज में भर्ती से पूर्व का प्रशिक्षण।

एस.ए.ए.रिजुवी

आई.ए.एस.

निदेशक, अल्पसंख्यक कल्याण निदेशालय, उ.प्र.

श्रीकृष्ण

आई.ए.एस.

सचिव, अल्पसंख्यक कल्याण एवं वक्फ विभाग उ.प्र.



अल्पसंख्यक कल्याण एवं वक्फ विभाग, उत्तर प्रदेश द्वारा प्रसारित

Methods of Abortion

The method of abortion depends upon the age of the foetus. Generally the age of the foetus is counted from the last day of the preceding menses. The methods of abortion are many which are used for embryos of different ages. Greater the age of embryo, greater the tedium of abortion and greater the apprehension of its ill-effects.

A tiny ball of embryo cells starts growing stuck to the embryo wall and draws its food through the placenta from the womb. When it attains the age of twenty weeks the woman perceives its motion. A foetus of 24-28 weeks can live for some time in the intensive treatment chamber of the hospital.

Abortion till seven weeks

Upto seven weeks abortion can be easily done by suction. This is done by local anaesthesia and the pregnant need not be hospitalised. It takes only 5 to 15 minutes and is by far the safest. In developed countries a pill is being used to cause the abortion of 7 week old

foetus. However, its long-term effects are yet unknown and hence women's organisations do not recommend its use. In view of the sanitary conditions and the level of education in our country its use may hardly be safe here. A canula is inserted in the womb which is attached to a vacuum suction machine and the foetus is drawn out.

Abortion during 7 to 12 weeks

For abortion during 7-12 weeks suction and other methods are used according to the stage of the embryo. The canula used has a diameter of 7-12 mm. A steel dilator is used to widen the cervix. The diameter of the dilator varies from the Watchstick head to chalkstick head. When the cervix has widened a suction machine draws the foetus out through the canula. D & C i.e. dilatation and curettage is also resorted to in abortion of upto 12-weeks old foetuses.

Abortion of over 12-weeks

For the abortion of over 12

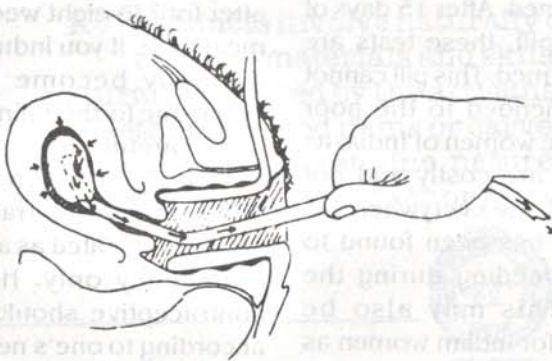
weeks D & C and D & E are used. A foetus of over 12 weeks is a large one and the womb is more delicate and so is prone to injury. Such an operation can be performed by an experienced doctor only. Special forceps are inserted into the womb and the foetus is cut into pieces and drawn out.

Abortion of over 16 weeks foetus may be done by catalysis. Abortive catalytic solution is injected from over the belly into the wall of embryo or inserted through the vagina into the womb. The solution causes contractions of the embryo wall which ejects the foetus. In order to be assured of complete abortion, the doctor performs D & C thereafter.

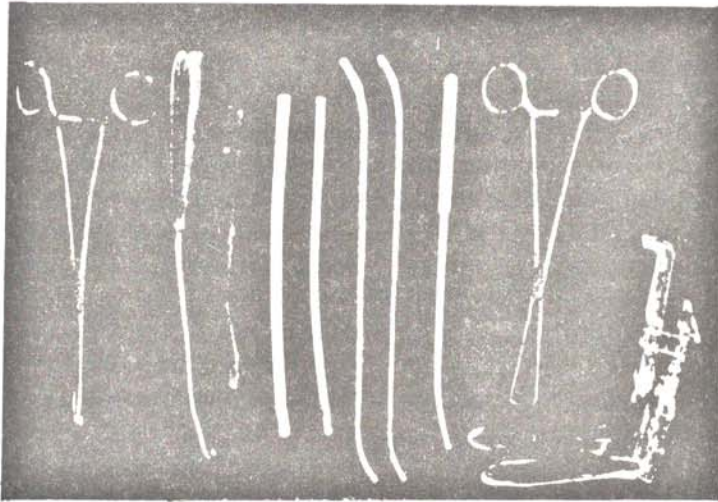
If there is a danger to the life of the pregnant and abortion is necessary to save her life then the foetus of 16-28 weeks or more the foetus is removed by cutting the womb. This is called hysterotomy. Hysterotomy is expedient when catalysis fails to perform or catalysis is not suitable. There are many dangers in this method so it should only be resorted to save the life of the pregnant.

Dangers of abortion

Anti-abortion organisations and conservationist doctors exaggerate the dangers of abortion and discourage the women from undergoing it. The dangers of legal abortions performed by a skilled doctor in a good hospital are little. However, the dangers common to all operations are there.



Abortion by Suction Method



Instruments for abortion

Following dangers may occur.

There may be infection in the womb inspite of disinfected instruments and bactericide medicines used. Symptoms may be fever of 100 degrees, convulsions and stinking vaginal secretions.

Since the doctor cannot see inside the womb, a part of the foetus may still persist there. This causes excessive bleeding through vagina, bloodclots may drop out and body may be convulsed. In such cases suction may be performed again.

While performing abortion a hole may occur in the womb. This possibility is greater in the advanced case. Sometimes when the womb is small and abortion is performed there is a possibility of the foetus remaining intact in the womb.

Conservative doctors often discourage the pregnant from abortion by telling her that abortion may preclude her from conceiving again. However, the data prove this statement to be false. Those women who have had legal abortions had by no

means an inferior capacity to conceive as compared to other women. If a woman has had several abortions then the possibility of before time delivery and miscarriage becomes greater. Mostly infertilisation is caused by infection in the womb, hence it is necessary to avoid infection before and after the abortion.

Pill for abortion

RU 486 or Mefepristone is being advertised in France as a pill for abortion, and it is being tested on women. Its qualities are being exaggerated. Before taking the pill, blood is tested for hormones and ultrasound test is also performed. After 15 days of taking the pill, these tests are again performed. This pill cannot be recommended to the poor and illiterate women of India, as these tests are costly and not locally available everywhere.

This pill has been found to increase bleeding during the menses. This may also be dangerous for Indian women as the studies of WHO have revealed that 55% normal

women and 65 pregnant women in India are prey to anemia. Anaemic women tend to bleed more profusely so the use of pill may prove fatal to them.

Post-abortion experiences & precautions

Women experience many types of physical and mental experiences after the abortion. Most of the women feel happy by being free of the unwanted pregnancy. However some may feel sad. Following are the precautions to be taken after the abortion :

After the abortion, take rest for a day or two and do not drink wine. Consult your doctor if the bleeding is copious.

In order to avoid infection in the womb, keep the vaginal part clean. Do not use tampon or douche and avoid intercourse.

If the body temperature exceeds 100° and there is pain or twist, vaginal bleeding is too much, clots of blood are there or symptoms of pregnancy persist even after the lapse of one week consult your doctor immediately.

After two or three weeks of abortion have yourself examined by a doctor. After the abortion, the first menstruation occurs after four to eight weeks. In the meantime, if you indulge in sex, you may become pregnant before the forthcoming menses, so be careful.

Abortion is not to be treated as a means of contraception. It should be treated as a means in emergency only. However a contraceptive should be used according to one's needs.

Nature's Gifts



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Citrus Fruits

Anuradha Goyle

The very name 'citrus' conjures in our minds a favourite fruit with bright colour, pleasing flavour and sweet sour taste. The common varieties include oranges, narangis, mausammis, maltas, lemons, etc. They are served fresh as juice or slices. In addition, they are often preserved as pickles, jams, jellies, squashes and sherbets. Most of the species of the genus 'Citrus' are cultivated in India, however, a few wild varieties also occur. Citrus fruits are fairly good sources of vitamins and minerals.

Citrus fruits are abundantly rich in vitamin C, a water soluble vitamin. Vitamin C has an important role to play in the formation of collagen present between cells. Deficiency of vitamin C leads to spongy and bleeding gums, rough and dry skin, formation of defective bony matrix and teeth, and often anaemia. Furthermore, vitamin C is one of the potent antioxidants that helps in the attenuation of oxidative stress in our body.

These fruits also have fibre present in membranes that separate the sections of the fruit. Of late, fibre has become an indispensable nutrient in today's dietaries as the emphasis is shifting from the use of raw foods to semiprocessed and processed ones. Fibre performs several functions in our bodies. It absorbs water and increases the bulk of the stools assisting

in its evacuation. It also binds to toxic substances, cholesterol and bile acids and increases their excretion, thereby, decreasing their harmful effects.

It is a commonly held view that fruit juices are better than the fruit itself. Let's keep this in mind that fruit juices are processed products where the fruit undergoes a change in form. This change divests the fruit of some of its nutritional benefits.

Vitamin C is a nutrient which is sensitive to oxidation. The fruit is peeled and passed through a juicer where the bruised fruit tissue comes in contact with air. Partial losses of vitamin C occur, due to oxidation, consequently reducing the content inherently present in the native fruit.

Furthermore, extraction of juice from the fruit removes the fibre. It is therefore advisable to consume the fruit along with the membranes so as to prevent the oxidation of vitamin C and facilitate ingestion of fibre.

However, in some disease conditions where fibre is to be restricted, fruit juices are recommended. In diarrhoea, peptic ulcer, gastritis and other problems where gastrointestinal tract becomes sensitive, fibre should be restrained. Post-operatively, too, fruit juices are recommended.

For the calorie conscious, fruit juice has an edge over the

fruit. An orange weighing 100 g provides nearly 60 KCal while a glass of orange juice (200 ml) supplies just 18 KCal. However, a fruit presumably provides a higher satiety value relative to its liquid counterpart.

A glass of citrus juice furnishes 2-3 times the Recommended Dietary Allowance (RDA) for vitamin C. Vitamin C being a water soluble vitamin, is not stored in our body. A 100 g serving of a citrus fruit: malta, mausammi, orange almost meets the RDA or even goes beyond it. In that eventuality, a single fruit serves the purpose. Moreover, the expenditure involved in the consumption of a citrus fruit in both its forms needs to be considered. As a fruit, it can be partaken by a larger number of family members, definitely benefitting the women folk. In the form of juice, it will find its ways to the palates of the male members leaving the women and girls wanting.

Hence, in view of these facts, will it not be desirable to consume the fruit rather than the fruit juice

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Forgotten Poor Fruit Ber

Ber, Chinese date or Chinese fig is a minor fruit of the north eastern hill region. It is often known as the "poor man's fruit". There are two varieties of Ber. Bigger one in size is largely available in the market. Ber or Chinese date may look common but is usually highly priced. Even the tiny, green ber which is not so great on taste, is priced very high.

When buying the fruit one must be extra careful about quality to avoid buying rotten fruit. Even after careful selection (if the vendor allows), you may find most of the cores to be rotten.

One of the better quality bers is the Banarasi ber which is about the size of an amla. The juiciest bers are to be found at Chitrakoot. But despite the price, come spring and nothing is more refreshing than biting into a luscious ber. The fruit has to be eaten when the skin has mellowed to pale yellow and a blush of rust red is just beginning to spread over it.

If you eat the fruit raw, you will be left with a brackish aftertaste which comes from the astringent juice of the unripe fruit. The overripe ber, on the other hand, has a fermented taste and may leave your breath smelling foul.

The ber tree grows in the wild and requires virtually no looking after. There is little need for fertilisers and pesticides to ensure good growth. It grows

well in almost all kinds of soils except the black cotton soil. A single ber tree can produce as much as 50kg fruit when in season. The tree is bushy with lots of thorns requiring no extra protection from animals.

Medicinal Properties

The fruit, like the tree, is hardy and rich in vitamins, particularly vitamin C - every 100 gm of ber contains 50-100 mg of the vitamin, the content of which is even more than that of oranges. Sugar content of the fruit is high, about 12-20 per cent. The roots of the tree penetrate deep into the earth and draw rare minerals which goes into the fruit. The deep roots also help prevent land erosion.

Unfortunately, the fruit has not

caught the attention of cultivators, agronomists and policy makers. Research to find out better quality seeds is virtually non-existent. There is little land under ber cultivation and over the years even this has dwindled. This is one of the reasons for the soaring prices. Until recently, ber was quite cheap and was known as the poor man's fruit.

It sometimes causes heaviness as this fruit is difficult to digest. Ber is delicious to eat with a pinch of salt and black pepper powder. However it does not suit phlegmatic persons. It subsides the aggravated vata but again the much intake of raw ber is not recommended. Mellowed to pale yellow ber are sweet and sour and contain acetic acid.

With Best Compliments

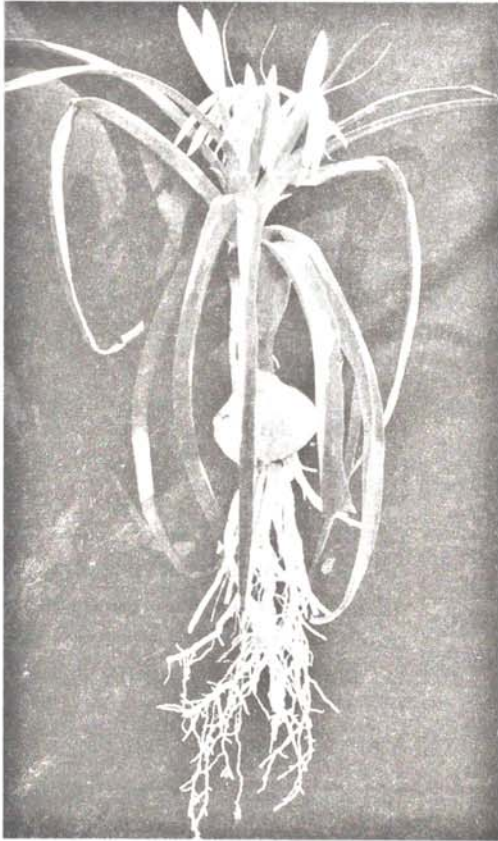
From

M/S SWAROOP CHEMICALS

Chinhat,
Lucknow

Jungly Piyaz (*Urginea indica*)

Dr. Mohammad Ataullah Shareef



Urginea indica is a bulbous plant, belongs to liliacea family, a plant indigenous to India. Plants growing in sandy places near the sea, rivers throughout India in the drier hills of the lower Himalayas on the salt range in the Punjab the drug consists chiefly of the bulbs. The bulbs are collected soon after the plant has flowered. The bulbs vary in size and shape like onion. Bulb is divested at its membranous outer scales cut into slices and dried. The flowers are white in colour and the bulbs vary in colour from pale yellowish, brown and white.

They are brittle when dry, but in the presence of moisture they become flexible. The drug is without odour, but has bitter taste.

The drug is known in India with different names such as :

S a n s k r i t - Vanapalandam, **Arabaic** : Basalula - phare hindi, Ansal, **Persian** : Piyaz-e-dashti-hindi, Banglia and Hindi : Jangli piyaz. **Telugu** : Adavilellagada, **Tamil** : Nari vengayam, **Malayalam** : Kanthanga, **Gujrati** : Bankonda.

Ancient Unani physicians were aware about the medicinal properties of the drug Ansal. Disqaridoos was the first physician who

described the medicinal properties of this drug. He also prepared Sikanjabeen (oxymel) of the drug. Avicenna (980-1037 A.D.) great Arab physician had described the medicinal properties and uses of the drug (Al-Kanoon-Fi-Tibb). He also prepared sikanjabeen (Oxymel) and used in respiratory diseases. In Unani system of medicine the drug is used in wet and dry conditions and the dried slices of the drug is easily available in the market. The drug is used in the form of pill, powder, tincture, oxymel, syrup, but the Sikanjabeen unsooli (oxymel) is

very useful and most popular.

Temperament : According to Unani system of medicine hot and dry.

Medicinal Properties

1) Munaffis-e-balgham (expectorant) 2) Moharrik-e-Qalb (cardiac stimulant) 3) Mudir-e-bowl (diuretic) 4)Mudir-e-Tams (emmenagogue) and 5)hypolipidemic properties.

USES

1) Respiratory diseases :

The drug is very useful in chronic bronchitis. Bronchial Asthama, and chronic cough etc. 1 gram powder of Ansal to be mixed with honey is useful in respiratory diseases. 10 ml. Silkanjabeen (oxymel) in 1 cup of water twice a day after meals given for 10-15 days is found to be very effective.

2) Cardiac diseases: In

palpitation, weakness of heart etc. 1 gram powder to be mixed with honey and Khamira Abresham Hakim Arsad wala 3 grams twice a day may be given, along with sikanjabeen unsooli, 10 ml.

3) Renal diseases. Such as

Renal calculous. Renal dropsy and ascitis sikanjabeen unsooli is very useful and may be used in the dose of 10 ml twice a day. Cures the symptoms like burning micturition increases the flow of urine. The drug is also useful in paralytic affections, skin diseases and in leprosy. In water the powder of the drug is locally

applied to remove warts.

4)Hypercholesterolemia. In hypercholesterolemia 1 to 2 grams of powder drug to be mixed with honey given twice a day at least for 30 days is found to be very effective or 10-15 ml. of sikanjabeen (oxymel) mixed in one glass of water given before meals at least for 30 days is found to be very effective. Serum cholesterol and serum triglyceride level decreased significantly. Sikanjabeen unsooli is of great value in acute bronchitis where the sputa are tenacious and scanty, and in chronic bronchitis associated with emphysema and in spasmodic cough. In large doses it produces toxic symptoms like gastro-intestinal irritation, nausea, vomiting, and diarrhoea etc. *Urginea indica* is practically used as a reflex expectorant in bronchial asthma and chronic bronchitis.

Chemical Constituents

Chemical Constituents of this medicinal plant are an inactive glucoside, scillian and toxic amorphous glucoside and bitter principles scilipicrin and scillitoxin, mucilage, sugar, and ash 5% containing crystals of calcium oxalates and citrate.

Compound Drugs:

Important compound drugs made from this plant are: Looq-e-Rebu, Sikanjabeen Unsooli and Habb-e-Asqeel etc.

Research Officer, Central Research Institute of Unani Medicine, A.G. Colony Road, Erragudda, Hyderabad - 38

Strengthen Jeevaniya Movement

Jeevaniya magazine is a part of Jeevaniya Movement which wants to spread message for disease free life by following healthy life style. We have appealed to our readers and well wishers to become Life Subscribers of Jeevaniya Magazine to strengthen the Jeevaniya Movement.

Responding to our call, several individuals have taken our life subscription. We sincerely thank our readers for reposing confidence in the Jeevaniya Movement. Address of some of our Life Subscribers are given below :

Maharashtra Prabodhan Seva Mandal, Mumbai, Sri V. V. Malla Reddy, Anantpur, Smt. N. Seth, Lucknow, Dr. C.S. Shanti, Lucknow, Uttama Giravani, Auroville, Dr. Anil D. Shah, Mumbai, Dr. T.D.J. Nagabhushan, Secundrabad, Delhi Voluntary Health Association, N. Delhi, Kerala Voluntary Health Services, Kochi, Mr. A. Kuber Singh, Imphal, Dr. Sreelekha Raj, Tripura, Mr. D. G. Bhat, Guwahati, Karnataka Voluntary Health Association, Bangalore, Meghalaya Voluntary health Association, Shillong, Tamil Nadu Voluntary Health Association, Madras, West Bengal Voluntary Health Association, Calcutta, Myrada Plan, Dharampur; Mr. Rajeeva Geenbaj, Mumbai, Sh. Satyabrata Das, Keonjhar, Dr. R. H. Godhka, Mumbai, Sh. S. S. Suresh, Mumbai, Sh. T.V. Ramkrishna, Kamata, St. James High School, Saranam, Dr. S.V.S.K. Reddy, Hyderabad, Mr. S. Lakshmanan, Mumbai, Mr. Jacob Daldzid, Ahmedbad, Dr. Navin Khanna, Delhi, Dr. V. B. Maihskar, Vadodara, Vd. V.P. Khadivale, Pune, Dr. Zafarullah Chowdhary, Dhaka, Mr. K. Ashok, South Kannada, Mr. Yogesh Rawal, Noida, Vd. B.S. Lunawat, Satara, Mr. S.J. Nallappan, Mumbai, Mr. Umesh Jaipuria, Calcutta, Nucleus Softwares, Madras, Nucleuts Softwares, New Delhi, Dr. V. N. Joshi, Baroda, Foundation for Revitalisation of Local Health Traditions, Bangalore, Dr. M. Sudarshan, Mysore, Mr. Saurabh Navabia, Nasik.

Other readers are also requested to become Life Subscribers.

Flowers As Physicians

Flowers are the wondrous creation of nature. They are a confluence of beauty, colour and flavour and over and above, have extraordinary curative properties as well. Truly it is a case of fragrance in gold. Go to any flower garden and your mood will be uplifted. The healthsome properties of flowers begin from this point.

Flowers are often used as medicine in Ayurvedic therapy. For example, take the king of flowers, namely, the rose. Gulkand made of roses is a beautifier, subsider of Pitta and a cure of constipation. Rose is seminiferous and also purifies the blood. The rose extract cures inflammation, redness and burning of eyes. Modern

scientists have shown that it is a storehouse of vitamin C. 100 gm of rose contains as much as 6000 mg of vitamin C.

Who can forget the intoxicating smell of jasmine? Ayurvedic compound derived from it called Jatyadi Taila or Jatyadi Ghrit can cure even putrefying wounds. In syphilitic wounds jasmine is used both externally and internally. Jasmine leaves are chewed to cure oral blisters. Nasal eruptions are cured by just inhaling the flowers. As a hair oil it is very popular which also keeps headache at bay.

Almost everybody is aware of the coagulating and anti-inflammatory properties of marigold which also cures wounds and sprains. The

homoeopathic medicine Calendula tincture is prepared from marigold which is used both internally and externally.

Marigold is used in Ayurvedic & Unani therapies to cure piles, toothache, earache, inflammation etc. A Canadian scientist Dr. John Arneson has discovered the presence of an alkaloid in the marigold which annihilates the malarial mosquitoes viz. the dreaded anopheles.

Another exquisite and important flower is sunflower. Sunflower oil is a boon for the cardiac patients as it arrests the growth of cholesterol in the blood. The oil is a rich source of protein as well. In Ayurvedic therapy the sunflower is used in falling of hair, coryza, and pyorrhoea.

Japakusum or shoe-flower is also extremely good for greying and falling hair to cure which the shoe flowers are grinded and the paste is applied on hair as ointment. It is also efficacious in vaginal bleeding.

Ketaki i.e. the screwpine has an intoxicating fragrance and its ointment is a renowned beautifier. Massaging with the screwpine oil is a cure for headache, waistache and bodyache. The oil is also used to treat skin diseases.

With Best Compliments

From

M/S GYAN SCIENTIFIC COMPANY

Lucknow

**Chankyapuri, Saharasa -
852201, Bihar**

Delicious Leafy Wonders

Cabbage leaves and spinach can be used to make some delicious dishes. Very often, some of the leaves and stems are thrown away. Try some of these recipes.

Cabbage rolls

Ingredients : Medium sized cabbage leaves - 6, Cooked potato mash - 1 cup, Cooked green peas mash - 1/2 cup, Small onion - 1, Garam masala powder - 1tbsp., Finely minced green coriander - 1 tbsp., Maida - 3 tbsps., Salt to taste, Oil for shallow frying

Method : With a sharp knife cut off the hard veins from the cabbage leaves. Then parboil the leaves in salted water for two minutes. Drain and keep them aside. Now prepare the filling. In a mixing bowl put in the potato mash, green peas mash, finely minced onion, garam masala powder, finely minced green coriander and salt to taste. Knead gently. Divide the filling into six equal portions. Place the cabbage leaves on a floured board. Put a portion of filling on the board end of each cabbage leaf. Roll gently but firmly. Secure the end flaps with strong noodle sticks. Now heat up the oil in the non-stick skillet. Make a thin batter of the maida with water. Dip the cabbage rolls in the above batter and shallow fry two or three at a time to a golden brown. Serve hot on a bed of onion, cucumber and tomato rings.

Spinach Bake

Ingredients : Large spinach leaves - 12, Medium sized cooked carrots - 2, Medium sized cooked potatoes - 2
For the sauce, Milk - 1 1/2 cups, Cornflour - 1 tbsp., Grated cheese - 2 tbsps., Butter - 2tbsps.
Pepper powder and salt to taste.

Method : Just wilt the spinach leaves in boiling water for a minute. Drain and keep aside. Peel the potatoes and cut them up into round slices. Scrape the carrots and cut them up in round slices as well. Now prepare the sauce. In a saucepan put in the milk. Heat it up on slow fire. Make a paste of the cornflour and grated cheese with a little water and add it to the simmering milk. Cook till a soft custard is formed. Add pepper powder and salt to taste. Light grease a square baking dish and layer four wilted spinach leaves at the bottom. Pour one third of the sauce over them. Place a few potato and carrot slices on the top. Sprinkle a little pepper powder and salt over them. Then cover with another four spinach leaves. Pour the second portion of the sauce over them. Top with the potato and carrot

slices. Sprinkle a little pepper powder and salt over. Repeat in the same way. Then bake in a moderately hot oven for 15 to 20 minutes. Serve hot or cold as desired.

Mixed delight

Ingredients : Cabbage leaves - 4, Palak leaves - 6, Spinach leaves - 6, Big onion - 1, Oil - 1 tbsp. Salt to taste, for the masala, freshly, grated coconut - 1cup. Red chillis - 4, Dry coriander - 1/2 tbsp. Cummin seeds - 1/2 tsp. Til seeds - 1/2 tsp. Cloves - 3, Cinnamon - 2 to 3 bits, A pinch of turmeric powder, Chopped tomato - 1 large

Method : Wash and shred the cabbage, palak and spinach leaves fine. Boil the first six ingredients of the masala and then grind them along with the rest of the masala ingredients to a fine paste. Heat up the oil in a cooker and fry the finely sliced onion to a golden brown. Then add the ground masala paste and keep frying till an aroma rises. Now put in the shredded cabbage, palak and spinach leaves along with the chopped tomato. Add just about one cup of water and salt to taste. Pressure cook for 4 to 5 minutes only. Serve hot with parathas or plain white rice.

Cultivation of Medicinal Plants in Kitchen Garden

Dr. S. K. Tewari

Readers of Jeevaniya have been interested to know about cultivation of medicinal plants. We have been receiving many letters to this effect. When we started Jeevaniya, we used to publish about cultivation and collection of medicinal plants, but these regular columns could not be continued due to several reasons. We have been wanting for some time to incorporate this important aspect in our magazine again. Dr. S. K. Tiwari is very senior scientist in NBRI, Lucknow. He has been propogating use of medicinal plants for prevention and cure of common diseases by common man. He is giving some of his very valuable time to write for our readers to describe cultivation of medicinal plants in our kitchen garden. This is first part of this series.

Editor

Growing Medicinal Plants :

Basic Tips

The planning of a Medicinal Plant Garden as a part of the kitchen garden mainly depends upon the space available, soil type and the availability of sunlight, shade etc. Many medicinal plants can be grown in earthen pots, hanging baskets or window boxes. The grower must be specifically careful for these and prevent them from drying out or becoming pot bound. Less hardy plants should be moved to sheltered site or indoors during extreme summers. The sheltered gardening facility (green house) may be used for cultivating the exotic and tender plants.

The major area of the site selected for the Herbal Garden should get sufficient sun light, especially in the mornings. The shady area of the garden may be used for growing shade-loving plants. The area should be safe from grazing and provided with windbreaks for preventing the hot western winds in the summers. The land previously used for some industrial purposes and having contamination should not be used for planning.

Soil

The majority of medicinal plants prefer moderately well drained soil. Soils vary greatly depending upon their physical, chemical and mechanical properties. The garden soil should preferably be neutral in reaction (pH between 6.5-7.5) and fertile with balanced water retention and drainage capacities. The sandy soils drain easily but require fertilisation and frequent watering while clay soils become waterlogged and require drainage. Loam soil is considered best for the garden. The soil should be rich in organic matter. To do this, hots up incorporate the organic residue of the garden (leaves, lawn clippings, kitchen food waste etc.) before starting the cultivation programme.

Irrigation

Many plants produce medicinally active constituents in dry conditions only. The plants should be watered well after planting and later irrigations shall depend upon visual observation of the plant. The gardener must be critically careful about irrigation in summer months. Over-watering should be avoided and the

general principle shall be light and frequent irrigations. The pots should be watered thoroughly at the time of planting.

Weeding

The unwanted plants compete with the medicinal herbs for space, nutrients and water. The garden and pots should be kept free from weeds by hand weeding and hoeing which increases aeration for the plant roots. Use of herbicides should be strictly avoided.

Fertilisers

The use of chemical fertilisers should preferably be avoided as this may reduce the therapeutic value of the medicinal herbs. Organic fertilisers (neem cake and other oilseed cakes, farm yard manure and organic residues of the garden) can be applied to improve the fertility of the garden, especially when soil is sandy in texture. These should preferably be incorporated with advent of summer as their decomposition rate increases as the weather. Use of organic fertilisers is better as a nutrient source because they conserve nutrients against leaching losses and release them as a continual process. However, these should

not be added indiscriminately to soil in large amounts in an effort to supply more nutrients, which may be harmful to the plants.

Insect-pests and Diseases

Use of synthetic chemicals for the control of insects and diseases should be avoided due to their great hazard to humans, lower forms of the animal life and also to the active principle of the medicinal herb. Organic methods should be used to control pests, diseases and insects. The infected plants should be uprooted and destroyed to check further infestation. Proper sanitation in the garden may prevent the infestation of insect pests which feed on the weeds growing in and around the beds.

Propagation and Nursery Management

For multiplication through seed, healthy and vigorous seeds may be sown either in containers or in prepared soil in open ground. The time of sowing of seeds is very important to enable seedlings to be planted out when weather and soil become the most favourable. Some seeds require special treatment for breaking their dormancy or improving germination. This should be checked before buying seeds. Propagation through cuttings is another popular method of propagation, suitable for woody perennial herbs. Cuttings are usually taken from the stem, although some plants may also be propagated from root cuttings. It is better to dip the cutting in hormone rooting preparation before planting in suitable compost. Some plants that form clump can be divided into smaller sections and replanted.

Some plants can be sown directly in the field, while others are first sown in nursery-beds where seedlings are raised and then transplanted. Proper nursery management for raising seedlings and transplanting them are important operations. The soil of the nursery bed should be fine, moist and firm to provide better germination and excellent medium for growth. Enough of well decomposed farmyard manure should be mixed thoroughly with the soil. Usually the soil mixture for the pots or containers should have two parts of garden soil, one part of sand and one part of leaf mould. In case of nursery bed, the width should be around one meter to facilitate weeding and watering without trampling the bed. The nursery bed is usually kept raised about 15 cm high so as to provide proper drainage of excess water and the level of the bed surface is also made slightly raised in the centre with a little slope on the two sides. Small seeds should be sown mixed with a little sand and covered with soil by fingers or with the aid of a wooden strip, followed by light irrigation with a sprinkler.

The nursery bed should be irrigated uniformly and gently so as to avoid the compaction or washing away of the soil. It is advisable to make the nursery bed near the source of irrigation water. During winters, nursery beds may be covered by mulch (polythene sheet, grass etc.) to increase the rate of emergence. During summers, the seedlings should be protected against warm winds and sunshine. When the seedlings grow up to one inch, excess of irrigation and shade make them yellow and

susceptible to insect, pest and diseases. The diseased and damaged seedlings should be immediately removed to prevent the infestation of diseases. The seedlings should be exposed to full sunshine and reduced number of irrigations to make them hardy to bear the shock of transplanting about one week before the transplanting. The seedlings should be transplanted at the age of 4-8 weeks when they are about 15 cm long and have formed about 3-4 leaves. The nursery beds must be watered before uprooting the seedlings for transplanting. For better establishment of the seedlings, it is advisable to transplant them in the evening so that seedlings may establish themselves within the night and may recover from the shock of transplanting before the sunrise. The seedlings should be transplanted as early as possible after carefully removing from the nursery beds without damaging their roots.

The soil of the field should be prepared thoroughly before transplanting. Each seedling should be placed vertically in the centre of the hole made in the field and the soil near the root is pressed down with the fingers to make the soil firm. Transplanting should immediately be followed by irrigation. Seedlings that failed to establish or not doing well should be removed and replaced by new ones.

Harvesting and Processing

Harvesting of medicinal herbs requires careful planning so as to retain their active ingredients. The harvesting of garden medicinal plants can also be combined with operations like pruning of the plant, removing

unwanted shoots and encouraging bushiness. Some medicinal plants provide two or more crops per year. These perennials should be cut carefully so that plants can quickly re-grow. The grower must consider following aspects very carefully :

1. To prevent the crushing and deterioration of the plant material, wooden tray or an open basket should be used for collecting medicinal herbs.

2. The cuts should be made with a sharp knife or scissors to minimize damage to the plant.

3. The material should be collected from healthy plants that are free from disease and insect damage. It is important to discard any damaged plants as they can lead to disease or decay in dried plant material.

4. Only single herb should be collected at one time and the harvested plant material should not be mixed to avoid mistakes in identification.

5. The herbs should be harvested in dry weather, preferably on a sunny morning after the dew has evaporated.

6. Herbs can be preserved in a number of ways, the most common and simple being air or oven drying. A warm, dry place is ideal for storage and processing. Plain paper should be used for drying herbs and not the printed newspaper. Dried herbs can be stored for many months in a dark glass jar or a brown paper bag.

7. The underground parts of the plant are usually collected in January when the plants become inactive. After removing the require amount; the remaining underground part should be replanted.

Scientist, NBRI, Lko - I

IIIrd Congress on Traditional Sciences & Technologies of India

The living aspects of traditional sciences and technologies exist today in our society as Lokavidya. Ordinary people, such as peasants, artisans, adivasis and women constantly innovate and enrich such knowledge based on their needs, experiences and genius, providing the articles of daily need with all kinds of substances e.g. iron, wood, leather, cotton, soil, stone etc. and activities like agricultural production, healthcare and upbringing of children. Apart from this Lokavidya is also the source of art and recreation of the masses. In it lies the unlimited source of the strength of the people that has the capacity to solve the basic problems of society and nation.

Though worldwide recognition is being accorded to the importance of traditional science and technology today, yet there is an universal tendency to squeeze them dry under the market-oriented approach.

PPST (Patriotic & People Oriented Science & Technology Foundation) and GIS (Gandhian Institute of Studies) have undertaken to hold the third Loka Vidya Mahadhiveshan on the premises of the latter at Rajghat, Varanasi, during the forthcoming 28th October to

2nd November 1998 to revitalize, reestablish, foster and organise the dignity of people's non-institutional knowledge, initiative, finesse and values.

Lokavidya experts and sympathisers such as peasants, artisans, Adivasis, women, shastris, scientists social workers, educationists, thinkers and experts are cordially invited to come together in this attempt to bring to the fore the potential inherent in Lokavidya and to identify those arrangements of things and men which are required for the reestablishment of the dignity and optimum use of Lokavidya.

The Congress shall comprise various events like seminars, debates, panel discussions, people's conferences, demonstrations, journals of Lokavidya Samvad and stall markets, Articles are hereby invited on Kisan Vidya, Nari Vidya, Adivasi Vidya, Karigar Vidya, Swasthya Vidya etc. encompassing self-reliance, globalisation, local market, life-styles and energy resources, water management, local industry, agriculture etc.

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North-Regional Conference of Traditional Healers and Promoters



Dr. Kamal Tauri, chief guest speaking at the conference

Under the combined auspices of Samvardhan, Ahmedabad the north-regional network of LSPSS, Coimbatore and Vijnan Shiksha Kendra, Banda, a three-day conference of traditional healers and promoters of the system was organised by courtesy of Indo-German Social Service Society, New Delhi at the historical city of Banda, U.P., M.P., Rajasthan, Delhi, Haryana, Punjab and Jammu & Kashmir were represented at the conference. At the end of the conference an unanimous proposal was agreed upon to constitute a North-regional fold health organisation to provide total health to the rural people and to uphold the interests of adepts, vaidoos, classical Vaidyas and Voluntary organisations working in the field of health. Vaidyas, scholars,

ecologists and heritage conscious traditional adepts took active part in all the five sessions of this three-day conference.

Vaidya Bhawani Dutt Vyas Shastri of Banda welcomed the guests after the invocation to Saraswati. He exhorted them to bring about the union of new and old knowledge. Dr. Bharatendu Prakash of Vigyan Shiksha Kendra enunciated the theme of the conference and said that the traditional health system has been based upon family and teacher-taught traditions. This tradition is extensive and spread deep into the remotest villages. Dr. Narendra Mehrotra, the editor of Jeevaniya & the member of executive committee of LSPSS since its inception, related the history of the establishment of LSPSS and said that one of the causes of decline in the

traditional knowledge and Ayurveda is the lack of communication. LSPSS has played a stellar role in breaking this reticence. In order to achieve this aim there is a need of discovering and identifying of plants and exchanging of technical know-how at the level of standard production of medicines and consolidation of such work in North India. Kora Mathen, the General secretary of Samvardhan informed the audience about the work being done by his organization. He stressed the need of cooperation between the traditional physicians and thinkers. Dr. H. P. Sharma, a scientist from Lucknow drew the attention of all towards the preservation of flora, standardisation of medicines and use of modern techniques in the production of medicines.

Vaidya Arun Chandan of H.P. mentioned the abundance of plants in his state and said that the illegal exploitation of these has become dangerous and protection is required. The number of traditional physicians in H.P. is very large and about 90 per cent of deliveries are carried out by midwives. Only in this context Dr. Rajesh Kotecha of Gramodaya University, Chitrakoot said that even today more than 90 per cent of the population of the country is being effectively cured by traditional methods only. He alleged that

the trade and modern medicine have joined to swindle the public with violence. Mr. Bindeshwari Singh a naturopath from Bihar related the household therapy of Malaria. Vaidya Rahul Bais of Amaravati explained the use of tubers found in the forests in alleviating malnutrition.

Dr. Kamta Prasad Shukla, the distinguished guest of the conference exhorted the audience to properly identify the Indian tradition and scientify it and also to renounce the inferiority complex regarding the tradition. Vaidya Braj Behari Mishra, Chairman, U.P. Vaidya Mahasammelan urged to demolish the reticence existing between various systems and appealed to the political and social organisations to foster the traditional physicians. Sri Vipin Bhai, the chief guest from Surat discussed the importance of the health care traditions prevailing in our homes due to grannies and nannies and which are being phased out due to the blind following of the western culture.

Prof. Shiv Kumar Mishra, Principal, Pilibhit Rajkiya Ayurved Mahavidyalaya. He exhorted to develop the traditional or Indian medical system in an organised manner and to freely propagate the knowledge. The time-tested medicines of rural physicians should be distributed to patients with full confidence.

Sri Krishna Kumar Bhartiya, President, District Board, Banda proposed a vote of thanks at the conclusion of the inaugural session.



Dr. Bhartendu Prakash speaking at the conference

Intensive scientific sessions followed the inaugural session. Dr. Narendra Mehrotra, editor, Jeevaniya and a scientist conducted the first sessions. He inspired to enlist the resources and knowledge methodically so that it may be presented in the international arena and consider the problem of Vaidyas. He talked about the development of a standard proforma to maintain the details of the uses of local herbs on cases and went on to suggest that manuals of traditional medicine could be prepared on the basis of above. Sri Hans Raj, the IGSSS representative, concluded on the basis of 10 yrs. of institutional work that the traditional system should be promoted to benefit the poor. Dr. Kamata Prasad Shukla urged the development of referral system and Vaidya Sultan Ali Khan spoke of the medicines based on the determination of temperament and Tridosh. Dr. Rajesh Kotecha discussed adulteration in drugs and Vaidya Dev Dutt recounted

his experiences.

Smt. Shobhana, the co-convenor of the programme spoke of introducing acupressure & acupuncture, which are of Indian origin of Marm Chikitsa, to the rural Vaidyas and regretted that now-a-days these are exclusively known as chinese systems.

Nanaji Deshmukh, the famous thinker and social worker addressed the session especially. He propounded the weakness of modern science, as diseases are multiplying in spite of the development of new techniques. Today the entire human race is looking eagerly towards ancient traditions for solving the problems of health. He said that total health cannot be achieved by curative tratements only. Nanaji has set up Arogyadham in Chitrakoot to develop the holistic approach of health care. All researchers and scholars are welcome here.

On the second day of the conference, discussion was presided over by the traditional

vaidya Baba Lakshamn Das and Dr. Kamal Tauri, Secretary to the U.P. Govt. was the chief guest. Dr. Arun Chandan urged the development of the cultivation of medicinal herbs in H.P. and its problems and the publication of the know-how of Vaidyas in Jeevaniya, preparing its database and patenting it. He spoke of the registration of traditional Vaidyas, acquiring their knowledge through the teacher-taught tradition and dedicating the same in the service of humanity 'Samvad' Sri. Bharat Bisht spoke of the search of traditional vaidyas through an institution of Uttarakhand. He called the attention of the conference towards the pitiable condition of traditional vaidyas and disclosed that they are now switching over to other jobs and frittering away their genius. Comparing the session, Dr. Narendra Mehrotra upheld Sri. Bisht's view and appealed the voluntary organisations to protect such vaidyas.

Vaidya Ved Prakash Pandeya of Gonda gave an account of the important work done by Deen Dayal Shodha Samsthan in the area of identification, preservation and cultivation of medicinal plants. Dr. K. K. Singh gave details of similar work being done at Sultanpur. Vaidya Badri Prasad Verma informed the audience that even now 98 per cent cases of deliveries are being carried out by midwives in Bihar. Vaidya Giridhar Mathur of Bihar said that due to growing consumerism, a sense of neglect towards the traditional

Recommendations

1. (a) Traditional medicine and traditional physicians be clearly defined and enlisted according to their specialisation.
(b) The organisation should impart the enlisted traditional healer members certificates which should regularly renewed from be time to time according to their qualifications and experience.
2. (a) Three representatives of states (one each of traditional, classical and organisational) should constitute a regional ad hoc committee which should hold election in the next two years by organising ad hoc committees at the district, regional and state levels. Either president or secretary of the committee should be a traditional healer.
(b) Two or three office-bearers at the headquarters of organisation must be kept changing every 2 or 3 years.
(c) There must be a special provision to include village/block/district panchayat representatives in the organisation.
3. Working committees should be constituted to chalk out plans of similar work in all states and regions.
4. Production of appropriate training materials for society, schools etc. should be initiated.

Exchange

1. (a) Workshops be organised at regional, district and state levels wherein experiences, identification of herbs and compounds be exchanged.
(b) Process of acquiring of knowledge be initiated among the youth.
(c) Training programmes be organised.
2. Herbal expeditions and exchange of available resources, be arranged and herbariums be established.
3. Sale of excessively available resources (as they occur or after processing them) to Vaidyas/Gunis/traditional/healers / government hospitals and small pharmacies be arranged and the profit be invested to strengthen the organisation.
4. Programmes of development of herbal gardens in homes, schools, clinics, government lands etc. be taken up.
5. One nursery in every 15-20 villages, a huge nursery in districts and a reference nursery in states be created and research work be carried out there.
6. Reserve forests be created.
7. Collection of the database of conservation, preservation information and resources.
8. In order to inform the regional voluntary organisations and traditional healers regarding above and patent related problems workshops be arranged and literature be published.

knowledge has come into being among the tribals and government officers which needs to be got rid of summarily. Sri T.G.K. Menon of Indore discussed the coordination among various systems in china and urged to mind the proliferation of diseases due to chemical fertilizers and warned against using the chemical fertilisers in the cultivation of medicinal plants. Dr. Bhartendu Prakash the organizer of the conference stressed the need to unite the traditional physicians and other promoters. Sri Hansraj described the limitations in the role of institutions and drawbacks in the distribution of plants.

The chief guest, Sri. Kamal Tauri made an appeal to enrich the traditional medicinal knowledge in the interest of people at large. He spoke of encouraging Vaidyas and Knowers through the Panchayats right from villages to districts. In order to bring about communicativeness among all systems and to make therapy a marketwise competitive function, coordination between the various classes of rural people and bank, insurance etc., a Technology mission is required. Sri Ram Krishna Mishra, the chief development officer of Banda highlighted the importance of Ayurveda while proposing the vote of thanks.

Smt. Bhanwar Dhabai of Udaipur, Rajasthan presided the conference in the concluding session,. She spoke of the importance, contribution and organisational works of

traditional Vaidyas and Gunis drawing on her eight years of experience in Rajasthan. She said that their organisation has fostered their self-confidence and awareness and it also has created consciousness in the government and people at large. Vd. Braj Behari Mishra, Sri Ved Prakash Pandeya, Dr. Narendra Mehrotra and Smt. Shobhana presented the submissions of separate group discussions. These were carefully considered. Vaidya chote Lal decried the attitude of certain coretious Vaidyas, Sri.Ram Bhajan Nigam mentioned the plundering nature of modern medical system.

Dr. Bharat Jhunjunwala from Delhi claimed that the education,

training and research system developed by C.C.I.M. on the basis of western medicine is anti-Ayurveda and as such it should be changed. He also said that the registration of traditional physicians must be arranged. Sri Santosh Kumar assured the cooperation of Indo-German Service Society in providing a strong forum to the vaidyas. Mr.Korah Mathen, General Secretary of Samvardhan mentioned the inter-relation of health and environment and exhorted the audience to organise to protect the environment. Vaidya Badri Prasad Verma and Vasant Bhai spoke of the cooperation of Panchayats in the preservation of forests and medicinal plants.

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MASTRAMJI



STORY : PANDIT KASHINATH GORE
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IS SALIL HAVING LOOSE MOTIONS .. HE MUST HAVE MADE SOME MESS IN EATING !



NOTHING HARMFUL DID HE EAT.. HE TOOK THE HOME-MADE FOOD ONLY.



MAY BE THE EDIBLES HAD BEEN EXPOSED AND FLIES VITIATED THEM BY SETTling OVER THEM.



OH.. YES..VAIDYAJI ! THE OTHER DAY YOU WERE TELLING HOW DISEASES SPREAD THROUGH FLIES..



WILL YOU KINDLY EXPLAIN !



"FLIES ALWAYS HOVER OVER URINE, FAECES, GARBAGE ETC."



AND BACTERIA THERE-IN GET ATTACHED TO THE LEGS OF FLIES..




"WHEN THOSE FLIES SETTLE OVER EDIBLES..."



THE EDIBLES BECOME BACTERIA - RIDDEN ...

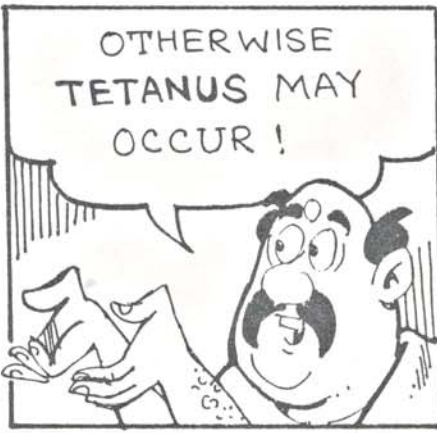


AND THOSE WHO EAT THOSE EDIBLES INGEST THOSE BACTERIA INTO THEIR - BODIES.



I SEE...!





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