

Varsha-Sharad '96

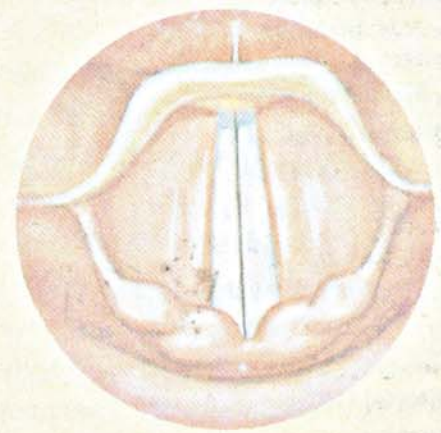
Special on
ENT Disorders

Rs. 15

Jeevaniya

Bimonthly

Health Care Magazine



- ❑ Home Remedies for ENT Disorders
 - ❑ Sound Pollution and Diseases of Ear
 - ❑ Otitis Media - an Ear Disease
 - ❑ Tonsillitis in Children
 - ❑ Speech and Hearing Disability
 - ❑ Rabies and its Management
 - ❑ Useful Massage
 - ❑ Beware of Your Fat
 - ❑ Dietary Prevention of Cancer
 - ❑ Psychoneurosis - Prophylaxis and Cure
- With all other Regular Columns

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Indian Plants, Foreign Patents

Recently some patents on turmeric were granted in America just as formerly on margosa. Whereas most of the patents on Neem were sanctioned on the universally known properties of its ingredients or active principles or keeping their effectiveness intact for long, patents sanctioned on turmeric are on its properties not only described in detail in Ayurvedic texts but also known and used domestically in the Indian homes since thousands of years. Several Indian researchers have published umpteen research papers years ago about the anti-inflammatory properties of turmeric. In spite of all this, turmeric has been patented in America for these very properties. Though Dr. Raghunath Anant Mashalekar, the Secretary, Department of Scientific and Industrial Research, Government of India and Director-General of its Council has decided to challenge this patent but the entire episode clearly smacks of the eagerness in the international market to use the traditional knowledge as a weapon of exploitation.

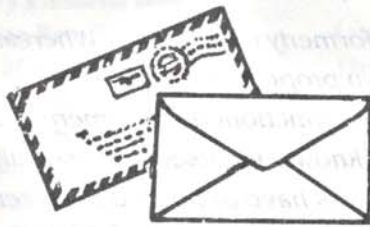
It is true that according to the India Patents Act (1970), product patents are not granted on plants and their chemical ingredients. However, efforts are on to change the above Act. The government promulgated an ordinance on 31st December, 1994 at midnight and thereby affected certain important changes in the Patents Act. However, the bill, introducing changes in the Patents Act, though somehow passed by the Lower House, could not be passed by the Upper House and was submitted to the Experts Committee of Rajya Sabha. The present government is also proposing to introduce the draft of changed Patents Act in the forthcoming winter session of the parliament, though some experts believe that we should not make haste in changing the Patents Law. Even after the change in Patents Act, product patents will be applicable on medicines and chemicals only after 2005 in India, but exclusive marketing rights shall have to be ensured right away. Be that as may be, we should muster the strength to face the challenge due to emerge in 2005.

In the changing milieu of our times, we have to stop the sinister attempts on the global level to obtain patents on our knowledge of Ayurveda and other local health traditions and also we must try to develop new products based on that knowledge and obtain international patents over them. Since such patents cost enormously, we must try to stop the attempts to create the system of exploitation of resources in the name of patents in the international market, through the collective strength of all developing countries.

It is also an important question to ponder that whereas on the one hand, we are not willing to believe our own store of knowledge, on the other hand, we are not making enough efforts to develop and rectify our knowledge due to the same cause. Though the research agencies of our country are claiming to be attending to this now, research on this subject can yield useful results only when we change our attitude and look towards our store of indigenous science with due regard.

While modern science has made remarkable progress in the field of surgery, diagnosis and treatment of ENT diseases, our traditional systems also contain umpteen easy and effective cures of these diseases. We hope that the incorporation of these in the present issue would be useful for the readers.

Readers' Forum



Dear Editor,

I came across Jeevaniya health magazine. I have found it very informative. Now I am interested in reading its all special issues.

*M.R. Suryanarayana,
Bangalore*

I have been a keen reader of Jeevaniya. I like its contents and the presentation, Now I am very much eager to procure all the posters published so far. I have a poster on Dental Care which is very useful for me.

N. Bhaskar, Dharwar

I am by profession a practitioner of Ayurvedic System of medicine. Recently, I got a chance to read your magazine. I have found it quite informative and useful for my purpose.

Dr. Seetaram, Hossur

Recently my friend gave me a copy of Rasayana Special. I have read it thoroughly and found it a good health magazine. I am a graduate of Naturopathy and Yoga. So, I have a suggestion to make that Naturopathy and Yoga should

be included as a regular column of your magazine. In my opinion this magazine will become more popular.

*Dr. S. A. Huvinahalli,
Karnataka*

It has always been in our planning of any issue of Jeevaniya to give sufficient coverage to the articles on Naturopathy. You would notice that from time to time we have published reading material on both systems.

Editor

I am a subscriber of Jeevaniya health magazine. As a well-wisher I have a few suggestions to make. First of all I want that the programmes of the Society should be expanded. Although I am very much happy after reading the various achievements and programmes of the organisation, but I want detailed information on availability of reviewed books and the research programmes undertaken by the Society.

Dr. Chinmaya Saran, Jaipur

We appreciate your rare gesture in sending us your suggestions for expanding the programmes of the Society. For the various activities and the

achievements of the organisation, we publish our regular column Jeevaniya News in every issue of our magazine. If you want more information on the subject of your interest, you can always write to us.

Editor

I am a student of Ayurveda. Recently I came across Jeevaniya, I have liked it very much. It is very informative and useful magazine for me. Now I want to read its all issues published so far. I am very much interested in reading other publications of your society.

*Ms. S. Chandrakala,
Secunderabad*

I have read your health magazine Jeevaniya which is very useful in its new format. It will be more informative if you give more coverage to the prevention of chronic diseases.

Vd. C.G. Joshi, Poona

I have been a regular reader of Jeevaniya. Really it is a magazine playing the role of popularization of the importance of health for the common people. Its lay out is attractive.

Kalyan Pal, Calcutta

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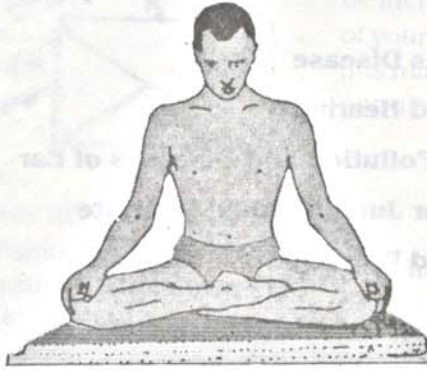
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Yoga to Reduce Epileptic Seizures



A simple technique of meditation, Sahaja Yoga, could help in management of epilepsy by reducing seizures, according to latest research findings. The ancient meditation technique reduced the frequency of epileptic seizures and improved electro encephalogram (EEG) activity during trials conducted by scientists at the Defence Institute of Physiology and Allied Sciences (DIPAS), New Delhi. The effect of the technique was assessed on 32 patients who were divided into three groups. The first group practised Sahaja yoga for 20-30 minutes daily for six months while the second practised exercises mimicking Sahaja Yoga and the third did not do any meditation. All patients continued to receive anti-epileptic drugs throughout the study period.

Reporting their findings in the Indian Journal of Medical Research, a joint team from DIPAS, Lady Hardinge Medical College and Sucheta Kriplani Hospital here said patients who practised Sahaja Yoga showed 62 per cent decrease in frequency of seizures after three months. At the end of six months, there was 86 per cent reduction in seizures, the team led by DIPAS director Dr. W Selwamurthy said. After six months, four patients in the first group were completely free of epileptic attacks.

Smoking Risks for Pregnant Women

Pregnant women who smoke are 50 per cent more likely*to have mentally retarded children, according to a study undertaken in Chicago. Smoking during pregnancy was previously linked to low birth weight, infant mortality and lower intelligence in children. Another study found that obese mothers are at least twice as likely as thinner women to have babies with debilitating birth defects. And a vitamin known to help revert such abnormalities appears to offer overweight women no protection.

Cataract Due to Smoke

Recent studies by the Hyderabad-based Centre for Cellular and Molecular Biology (CCMB), have confirmed that inhalation of smoke (including tobacco smoke) leads to formation of cataract or the clouding of the eye lens.

Cataract, is responsible for more than one-third of about 43 million blind people in the world. Epidemiological surveys further revealed an increased risk of cataract to people who used cheap smoky cooking fuel. High exposure to smoke from sources like firewood commonly used in Indian kitchens had shown to increase the risk of cataract, just as tobacco did.

Cabbage for Prevention of Breast Cancer

Breast cancer has become an increasingly serious problem in ladies. However, use of cabbage, Braccoli and Brusels' sprouts etc. can prevent it. This result is based on a study conducted in Israil. It has been found that by using cabbage only for 15 days reduces significantly carcinogenic chemicals resulting in Breast Cancer. Cabbage, Braccoli and Brusels sprouts contain 'Indol-3-Carbinol' which is the reason of this prevention.

Chemical to Shield Women from HIV



Val Kitchen and her colleagues at St. Mary's Hospital in London, UK have tested a series of potential vaginal virucides - compounds which they hope will prevent the transmission of HIV. Eventually, virucides could afford women greater control over their sexual health.

Another advantage is that virucides could prevent HIV infections while still allowing conception. This could be particularly welcome in the countries such as India where women are culturally under tremendous pressure to have children, even at the cost of their health.

Many attempts were made in the past to identify such compounds. Scientists had started the search for such compounds much before AIDS hit the headlines. One such compound was dextrin sulphate which seems to stop HIV entering and infecting target cells by coating them.

Other compounds, including nonoxynol-9 (N-9), which is the active ingredient in mosts permicides, appear to kill virus by destorying its fatty outer coat. But healthy cells too have fatty coats which make them vulnerable to the chemical, so any benefits from killing the virus must be weighed carefully against the damage done to other cells.

Ayurvedic Cure for Metal Toxicity

Ayurvedic drugs are proving to be effective in tackling poisoning caused by heavy metals and chemical pollutants in humans and animals. Ayurvedic formulations for the treatment and management of various kinds of poisoning including those cuased by toxic metals such as arsenic, lead, copper, mercury, zinc and silver commonly comprise natural detoxifiers, astringents, and revitalisers said Dr. S. K. Dwivedi.

For instance, the paste of catechu in cow's milk; a mixture of catechu and water; juice of neem leaves; infusion of sope fruit (ritha); juice of plantain tree; swaras of *Amaranthus polygamus* with sugar are suggested for treatment of arsenic poisoning. Similarly, pomegranate juice; a mixture of radish and soya seed; a drink of milk with sugar; or lemon juice with sugar are recommended for treating lead poisoning.

Dr Dwivedi, Head, Division of Medicine at the Indian Veterinary Research Institute, Izatnagar said many more medicinal plants and trees are recommended as antidotes to metal poisons. Bark of *Terminalia arjuna* is useful as an antidote to poisons caused by heavy metals. *Withania somnifera* (aswagandha) has been prescribed in the treatment of poisoning by lead, salts of mercury, zinc, silver, tin and iodine, possibly due to sedative action of its roots.

Ayurvedic medicines such as Abhrak Bhasma (mica), Loh Bhasma (iron), Jasad Bhasma (zinc oxide) and other herbal tonics may be effective in treating heavy metal toxicity.

Recent studies indicated that many persistent toxic chemicals released in air, water or land can be bioaccumulated and biomagnified by plants and animals. Even low environmental levels of toxic heavy metals are capable of producing toxic effects ranging from subtle to chronic to acute lethal effects.

Vaccine for Dengue in the Offing

Dr. Anita R. Gautam, Lucknow

A vaccine, against dengue haemorrhagic fever has been produced for the first time by a team of researchers at King George's Medical College (KGMC) in Lucknow. And if all goes well then cure for the dreaded dengue fever may well be on the way in a couple of years. The two scientists Dr. Rinee Mukherjee and Dr. Pratibha Chaturvedi of Department of microbiology who have been jointly awarded 1994 Shakuntala Amir Chand ICMR Award for their original contribution in the field of Medical sciences, have found the answer in what is called as 'cytotoxic factor' (CF).

The study, besides reporting discovery of two unique cytotoxic factors also points in the direction of custom tailoring an effective vaccine against dengue virus, regulating the immune response during the dengue infection.

Dengue fever which took the country by storm in late 60's is caused by Dengue virus belonging to family Flavivirides and causes various illnesses ranging from a self limiting disease dengue fever (DF) to a more severe form known as dengue haemorrhagic fever (DHF) and a fatal dengue shock syndrome (DSS). DF is characterised by fever, severe headache, body pain, and haemorrhagic rashes. The virus produces inflammation in the brain, affects blood capillaries producing haemorrhage and shock.

Much engima has been attached to the disease because the mechanism of immunosuppression and pathogenesis of the dengue disease was hitherto unknown. An effective vaccine against the dengue virus is not yet available.

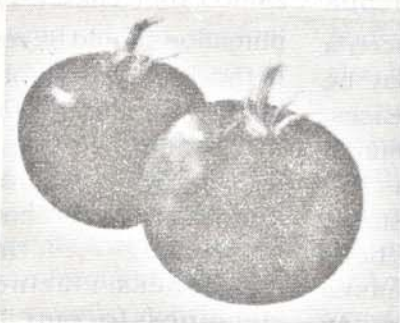
The story began in 1968 when there was a dengue epidemic at Kanpur affecting nearly one third of the population. Mechanism of the disease was not known at that time. Investigations by team of virologists led by Dr. U. C. Chaturvedi, Prof. and Head, Department of microbiology revealed that a 'protein' was being produced by lymphocytes which was responsible for the total disease leading to haemorrhage, shock and mortality. This was a theoretical advance in the knowledge of mechanism of the disease.

After rigorous work of more than two decades, in 1993 again there was another epidemic at Shahjahanpur and the presence of similar type of cytotoxic factor was surprisingly confirmed in human sera too. 'It has been a hard task' says Dr. U. C. Chaturvedi. The dengue which is also called 'African back bone dengue' leads to nearly 40% mortality.

The impetus in the study came when international community showed interest in the findings with the award of WHO and Rockefeller fellowships to the doctors who further studied and identified 'cytotoxic protein' in the patients suffering from Dengue in Bangkok. About 370 sera that were examined in Banagkok in August 1994 showed presence of a similar type of cytotoxic factor isolated from lymphocytes.

The intitial success with vaccination has also raised several questions viz., : (i) the minimum dose required ? ii) How many booster doses are needed at what time ? iii) What are the side effects if any ? The scientists are trying to work these out using various doses and adjuvants.

Will Tomatoes and Bananas to Protect Tooth Decay ?



By the year 2000, according to scientists team led by Dr. Julian Ma at Guy's Hospital Dental School in London, the nature of dentistry may have changed enormously, with the virtual elimination of tooth decay brought about by the use of antibodies to protect teeth.

In the past, antibodies have been made by laboratory cultures of animal cells. It may seem surprising that plants are better at making complex antibodies than such cultures, since plants do not normally make antibodies at all. But Dr. Ma's research shows that plant cells can actually make secretory anti-bodies, the kind needed to protect the teeth, more easily than animal and human cells. In animals, two different kinds of cells cooperate to produce secretory antibodies, but this cooperation is impossible in cell cultures.

The second advantage of plant antibodies is the scale they can be grown on. "Now we know we can do this in plants, we can go away and make almost limitless quantities of antibodies, because you can scale this up to industrial proportions and grow fields of antibodies if you want," said Dr. Ma "For passive immunisation, it is important to have a source of plentiful, cheap antibodies." Animal tests indicate that the antibody should be highly effective in protecting teeth against decay, since the plants produce the antibody in exactly the same form as the natural antibody.

At first the antibodies will be administered in gels, later in toothpastes, but eventually genetic engineering may make it possible to protect teeth by eating tomatoes or bananas programmed to produce the appropriate antibodies. Plants programmed to produce antibodies may also be used to protect against the human immunodeficiency virus (HIV) and against cholera.

African Plants Attracting MNCs

Depending on who you listen to, an extract of the African sausage tree can treat skin cancer, be an antidote on snake bite, or enlarge the human organ. The sausage tree, or *Kigelia africana*, is one of a host of plants indigenous to Southern Africa that have long been used by traditional black healers and are increasingly attracting the multinational pharmaceutical companies.

South African ecologists are now working on bio-prospecting policy guidelines to control the exploitation and export of the country's species rich plant resources.

Unique Genes Make Indians Vulnerable to TB, Cancer

Medical scientists have found three 'unique' genes in Indians which are not present in any other race across the world. Scientists say the genes belong to a group called DR2, which make people vulnerable to diseases like tuberculosis and leprosy. The finding may explain the high risk the Indian population faces of contracting the diseases.

The finding is expected to have an important bearing on donor selection during organ and bone marrow transplantation as well, they say. It is necessary to match tissues genetically before doing a liver or a bone marrow transplantation.

A team of scientists from the All India Institute of Medical Sciences (AIIMS) and University Hospital, Leiden, have isolated the three genes. The scientists studied 192 Indian families from the states of Punjab, Haryana, Uttar Pradesh and Delhi.

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, keeps 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 (astha), 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 exceeds all other season. To avoid these, Ayurveda has prescribed season-bound dishes and regimen as well as do's and don'ts.

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 (*Emblica*) 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 (*Kamalagatta*) 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.

Distension, Stomachache and Cure

Dr. Rakesh Singh Sengar

Formation of gas in the stomach is a common complaint now-a-days. The reason is eating in a hurry, instead of eating in peace and by proper chewing and not taking proper exercise. Those who do not take meals at home and remain out all the day eating and drinking whatever comes their way or take tea or smoke whenever feel pangs of hunger, become chronic sufferers of this disease.

Due to gas in the stomach usually the upper intestine aches and at times stomachache occurs. Along with this, burning and heaviness in the chest, nausea, giddiness, indigestion and stinking defecation may occur.

Our health and indisposition depends on our meals. Each mouthful must be chewed well before swallowing. Those who eat fast, eat in excess, which causes tension in the stomach and makes them restless. On the other hand, their food cannot be properly digested, consequently gas is formed in excess, gets collected in the stomach and causes suffering.

Metabolism of all nutrients like fat, protein and carbohydrate generates carbon dioxide. Excessive gas generating substances are - products of milk, watermelon,

potato, cauliflower, peanut, Urad pulse, corn, sugar and all fried things.

Use of curd is particularly good. It contains such bacteria which help the process of digestion and also fortify the digestive system. Fruits, Vegetables, soups and hot Roti are also good. Raw banana, raw papaya, torai, bottle gourd, parval and leafy vegetables are especially good.

Usually, people discuss their problems during the meal which is very bad for digestion. One cannot properly chew and talk simultaneously.

Hot drinks must not be taken too hot. If they are too hot you have to sip them little by little and thereby a lot of carbon dioxide enters your stomach.

Fasting is good for health if it is undertaken at regular and long intervals. But if fast is undertaken every now and then, then it causes gas formation in the intestines.

Smoking and drinking wine, causes excessive secretion of acid glands of intestine which cause gas formation and restlessness. The modern cold drinks having a lot of dissolved carbon dioxide are too bad for the human system and cause many illnesses.

Lack of physical activity and exercise causes improper

digestion of the ingested food. Sedentary workers usually do have the problems of indigestion and gas formation.

Cure

- Take one spoon of garlic juice with half spoon ghee.
- Apply the paste of cummin and Ajwain over the stomach.
- Take a pinch of parched asafoetida and black pepper with ghee.
- Take a pinch of cummin, asafoetida and rock salt.
- Take hot water with lime juice in it.

Practice Uttanpadasan, Halasan, Dhanushasan, Bhujangasan, Chakrasan, Mayoوران and Surya Namaskar in the morning regularly.

Thus a little of carefulness about the food and regular exercise precludes all problems of indigestion and gas formation.

1752/10

Teacher's Home

Govind Ballabh Pant University

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Hyperacidity (AMLAPITTA)

Vd. C. G. Joshi

Hyperacidity is the disease in which abnormal indigestion leads to creation of excess of acid in duodenum & intestines. When this acidic substance is too much, it comes up with the help of Udanavayu into the stomach & then through the oesophagus - throat & lastly it comes out as vomit through mouth. This creates burning sensation in whole of the passage of food from stomach-throat-mouth-gums - teeth etc. There is also a highly acidic - bitter- pungent taste in the mouth with the vomiting & yellow - green - brown bile together with undigested food comes out through mouth.

Aetiology

This disease is sometimes traditional or hereditary. In addition

- Taking food very late everyday.
- Neglecting the indigestion & still eating.
- Excess of sour, pungent, spicy, fried foods.
- Taking excessively substances which are naturally turned into sour substances in the stomach after digestion (e.g. gram, pea, rice, curd, tea, coffee, alcohol, fermented substances like Dosa, Idli, cheese, yoghurt, salad, tomato etc.)

- Taking medicines which create acidity in stomach.
- Sleeping late at night.
- Several psychological factors like anger, malice etc.

Due to above reasons, the acidity is naturally increased & due to abnormal acid, there is indigestion of food. This excessive acid & indigested food deteriorates the inside walls of stomach, duodenum, intestines and swelling is developed. Then as per the deterioration of Doshas, there would be cracking inflammation or thickening of the intestinal walls.

Stages

Usually there are three stages

- The bile (acidity) increases in stomach & there is only burning in the throat indigestion & sour bitter vomiting.
- The burning of the stomach starts & one feels thirsty. False appetite, liking for cold substances, a slight pain or prickly pain at the place where skin is burning. The stomach gets enlarged sometimes & the pain starts in backside of the chest.
- Increasing of the above symptoms swelling at the mouth of intestines & end of stomach creates the obstruction for food to go ahead through stomach for further digestion & all this

gives pain all the time while the food goes ahead for digestion. It also creates the ulceration of the wall of stomach - duodenum - intestine & pain is increased.

Neglecting at this stage may cause septic wounds or ulcers, boils, perforation, haemorrhage etc. which is the severe stage of this disease.

Symptoms

The vomiting of sour-bitter pungent substances with a burning sensation is the main symptom.

This vomiting occurs naturally after 2 to 4 hours of food intake & the vomiting continues till all the material from the stomach comes out.

There is sweating shivering & frightening during the vomiting, anorexia etc. If pitta (or bile or hot substances) is more, the vomiting is more watery sometimes vomiting even before meals, burning in chest and stomach. The taste of vomiting substance is too acidic & burning, teeth also burning shivering, red patches all over the body, burning of palms of hands and feet, slight fever, anger, slight unconsciousness etc.

When Kapha is more the vomit is sticky, slightly white with salty - sweetish taste and less pain and burning.

There is always indigestion in

this disease and as per the nature of indigestion there might be burning or pain, heaviness etc. This disease starts usually at the beginning i.e. by about 16-20 yrs. and gradually increases. Even with the duration of 20-30 yrs of the disease there is no immediate danger to the life. Not only this, but if a person exerts regular diet control and behaviour he may enjoy normal life.

There is another sort of symptoms in this disease of hyper-acidity in some cases. This excessive acid created in duodenum or intestine passes down through the large intestine (instead of coming up into the stomach) and gives 2 or 3 liquid motions after about 2-3 hours of meals. This is different from diarrhoea and chronic colitis. These motions are not cured by the treatment of diarrhoea or colitis and are cured by the treatment of hyper-acidity only.

Hyperacidity if neglected, creates diseases (in the long run) like constipation, ulcer, pain in stomach, piles and chronic fever, heart disease, chronic dysentery, headache, migraine, asthma and etc.

Treatment - As the disease hyperacidity is of a chronic type, medicines should be taken for a longer time to cure it completely.

First the excess acidity & the indigested food material should be removed by giving medicines which may induce vomiting to cleanse the stomach. For this Bitter gourd, Bitter neem leaves

or the fruit of *Randia dumetorum* should be boiled with water and given to drink. Then salt water and milk should be taken stomachful. This may eject all accumulated material (causing hyperacidity). After vomiting for three days a purgative should be given to remove the remaining acidity and undigested food.

After this cleansing process of the stomach and intestines, other medicines should be used as per the symptoms which are due to the remaining little part of acidity.

- The powder or ashes of purified conch, pearls are given (250-500 mg) before the meals with a sweet vehicle.

- Sootshekhar should be taken (125 mg - 500 mg) regularly in the morning with milk or Lemonsugar or pomegranate and sugar.

- Black resins and *Terminalia Chebula*, rind powder mixed in equal quantities should be mixed with equal quantity of sugar and 5 gm of this mixture should be taken early in the morning with milk. This will be useful for burning, giddiness, constipation.

- Dry-ginger powder, pure ghee and sugar mixed in equal quantities should be taken (1 to 5 gm.) every morning with milk.

- *Narikel* (*Coccus nucifera*) Pak and *Kushmanda* Pak (10-20 gm) are also useful in *Amlapitta*. This should be taken in early morning every day to remove acidity and for removing weakness of the body.

- *Samudradi Churna* (2 gm) for excessive acidity and *Kapha* should be taken after food with water.

- *Avipattikar Churna* (2 gm) should be taken after food with water, if there is burning.

Diet and Behaviour Control

Hyperacidity is much difficult to control unless one has thorough control on diet and behaviour.

One cannot say which type of dietetic substance will be better for a particular person. This is due to nature of the disease and constitution and behaviour of the patient.

Usually substances of sour and pungent, tastes and also which become sour or pungent after digestion (e.g. rice, fermented substances, tea, arhar (Tur dal) coffee, peas, gram, curd etc) should not be taken.

Water should be boiled thoroughly and cooled & then used for drinking.

Should not eat more than 2-3 meals a day and should not eat food late in noon and at late night.

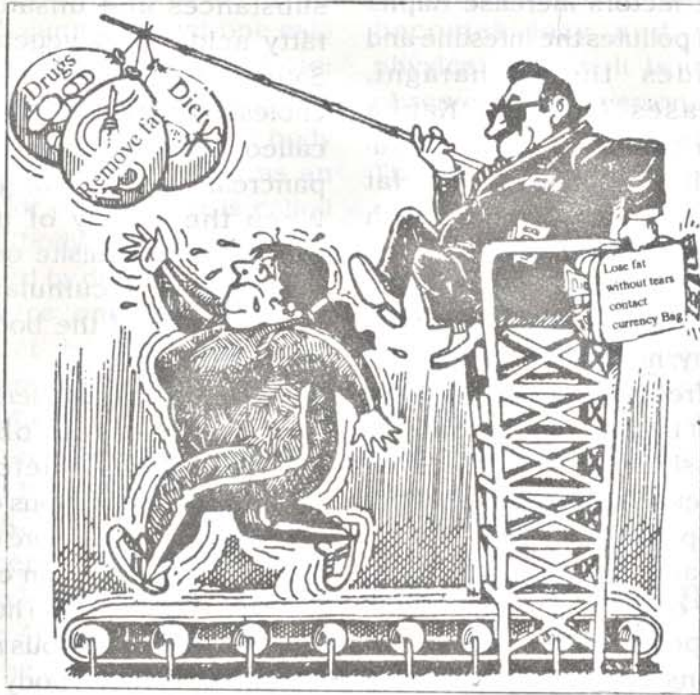
Take wheat, milk, ghee, Moong, sweet fruity vegetables (and not leafy and raw vegetables like salad)

Do not take purgative : Do not sit idle, sleep late at night, sit or work before the fire furnace or under the hot sun avoid psychological disturbances and worries.

Siddha Aushadhalaya
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Obesity

Pt. K. G. Gore



India is a poor country. Majority of the population doesn't get sufficient to eat and those who get sufficient food they don't get a balanced diet. Thus India is beset with the burning problem of malnutrition. However, this problem is acute in the villages and the working class of the cities. As far as the citizenry is concerned, their income being satisfactory, there is no problem of malnutrition among them. However, since the life-style of the citizenry tends towards luxury their chief problem happens to be obesity. Obesity is called Medovrddhi Vikara (defect of growth of Meda) in

Ayurveda. Paradoxically about 60 per cent of the population is prey to malnutrition and 15-20 per cent to obesity in India.

According to Ayurveda, Meda is the fourth Dhatu among the seven Dhatus of the body, formed from Mamsa (flesh). The prominent sites of its collection are stomach, hips and breasts. After the digestion of food by the Jatharagni Ahara Rasa (food juice) is obtained. Subsequently blood, flesh etc are formed from the Rasa. Meda Dhatu is produced as the Prasada (pious) part by the action of the fire of Mamsa Dhatu on the food juice. Meda is believed to be the cause of grease and

perspiration and the provider of nutrition to the bone. However according to Sushruta "*Shuddha mamsasya yo snehah sa vasa parikirtita*" i.e. The greasiness of pure flesh is fat. Meda happens to be exceedingly heavy, smooth, provider of strength and nutrition. Meda is the cause of the firmness of the body, ligaments and joints. It increases beauty and zeal. It gives smoothness to complexion, voice, eyes and hair.

Kidney is the origin of Medovaha (Meda-carrying) channels. The function of kidneys being right the Meda Dhatu remains in the balanced state. If Meda gets collected then it does so in the lumbar region. If the growth of Meda exceeds still, then it gets collected in the flesh cells.

When there is an excess of pure and quintessential Meda Dhatu in the body then such a body is called Medasar body. The accumulation of Meda in a Medasar body is quite natural, and his Meda Dhatu happens to be excellent. A Medasar body is huge and the person has smooth voice, colour, eyes, hair, nail, perspiration, teeth, lips, urine and faeces. Such person is likely to be happy licentious, simple-natured and shun physical and mental labour.

They are delicate and need delicate treatments too.

Symptoms

Growth of Meda in the body produces lubricity therein and the collection of fat is perceived in hips, breasts, sides and stomach. These organs hang when the accumulation of fat is too much, which we call flabbiness. Due to the excess of Meda one becomes out of breath upon the slightest exertion and work. Some persons pant and cough as well. The breathing problem due to obesity is called Kshudrashwasa. As soon as one starts working he is out of breath and regains his breath when he gives up work and takes rest. His appetite increases. His perspiration stinks. Limbs become loose. One feels weak to work, heaviness of body and mind persists. One perspires too much. Thirst is also acute. He becomes too sleepy. Delicacy of the body increases.

Problem

Growth of fat creates umpteen problems like indigestion, confusion, asphyxia, throatiness, abdominal diseases, cough, fever, mucuous in faeces, dysentery, intestinal worms, Prameha, fat-glands, hydrocele, fat-tumour, diabetes, shortened life and tendency of impotence etc.

Cause

According to Ayurveda causes are many and the foremost among them is voraciousness. Eating before

the previous meal is digested and that too in excess is the chief cause. Use of heavy, cold, greasy and Kapha-producing diet causes obesity. Use of new grain, excessive intake of urad, rice and wines also increase fat. These factors increase Kapha which pollutes the intestine and subsides the Jatharagni, increases Ama and Kapha which circulates in the Meda-carrying channels. Then fat starts collecting in the stomach and other limbs too.

Behavioural mess also causes obesity. Sleeping during the day, not doing any exercise, care-freeness, and sedentary way of living promotes obesity. Excessive obesity is the main problem among women after menopause.

Charaka has described eight types of condemned persons incorporating excessively fat persons and has enumerated their eight defects (1) reduction of life (2) loss of speed (3) painful coitus (4) weakness (5) bad smell (6) excessive perspiration (7) excessive hunger and (8) excessive thirst.

The reasons and symptoms of obesity described in Ayurveda are also acceptable to modern therapy. Fat is essential for the body. 7-8 per cent of fat in the males and upto 15 per cent in females is sufficient. If the fat content exceeds this limit then obesity results. The diet supplies the greasiness to the body. The grease, protein and carbohydrate of the diet are the sources of grease. The chief source is fat which provides Maximum power to the body,

one gm of fat yields one calorie of energy. The basic part of fat is called fatty acid, which is of two kinds-saturated and unsaturated. Generally saturated fatty acids are obtained from animal substances and unsaturated fatty acids from vegetables. Saturated fatty acids increase cholesterol. The digestive juice called lipase secreted by the pancreas, digests the grease. When the supply of grease exceeds the requisite quantity then it gets accumulated at various parts of the body and obesity sets in.

Modern medical science has termed fatness as obesity. Which means deformity resulting from voracious eating. When one receives more energy from food than he can expend then obesity results. Thus it is obvious that superfluous energy accumulates in the body due to lack of physical labour. Usually fat persons frequently eat too much of food and they eat too fast and do not stop eating till they are gratified. Such persons eat even when they are not hungry and eat time and again. On the other hand, the working capacity is reduced with adulthood and this causes some obesity. Similarly one may become fat after recovering from some sickness due to the reduced working capacity. However obesity in its true form occurs only when habits have become as stated above. It has been observed that upto 73 per cent progeny of obese parents is fat. If one of the parents is fat then 45 per cent of the progeny

is fat. Thus heredity is also to some extent the cause of obesity.

Sometimes hunger becomes acute due to some defect in the internal secretory glands like thyroid, adrenal and pituitary or defective spleen or hypothalamus so that one eats frequently and becomes obese.

A certain ratio has been determined between the body weight and body height as an indicator of health. It is called B.M.I. (body mass index). It is obtained by doubling the length in metre and dividing the product by the weight in kilogram. For the young people the B.M.I. should be 19-25 and for the middle age it should be 21-27. If the B.M.I. happens to be 25-30 and the age is between 30-40 then such a person is called fat. If the age is above 40 and B.M.I. is 25-30 then the person may be called too fat. Generally if the weight increases the ideal weight by 20% then it should be deemed as the danger signal. It is very easy to identify obesity. Try to pinch your skin. If more than one inch of skin comes in the grip then you are a fat person. Usually obesity influences the chin, neck, stomach, waist, hip and thighs mostly. Usually it is very difficult to differentiate the chin and neck of obese persons. Waist of the obese happens to be broader than his chests. Garments become tight with increasing obesity. This should also be deemed a danger signal. Such persons become out of breath while climbing up the steps.

However, it should be remembered that the rise of weight and rise of obesity are not one and the same. Those who exercise, wrestle and box grow in weight but it would be wrong to call them fat.

When one becomes fat he becomes lazy and shuns physical labour. It is usually observed that fat persons avoid work on the pretext of being fat. This helps to increase the obesity.

Even according to modern medical science obesity creates many defects. The heart of the obese has to work more and this increases his blood pressure. Excess of the consumed grease increases

cholesterol in the body creating obstruction in the blood vessels. Flexibility of arteries is reduced. Obese persons complain of pain in the joints, sciatica, diabetes, stones in bladder, protrusion of intestine, stink in perspiration, lack of efficiency and zeal etc. Among women obesity can cause sterility, cancer of ovary, breast or bladder. Usually obese women complain of erroneous menses.

(Methods of reducing obesity in the next issue)

**E-51, Mahanagar Extension
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Psychoneurosis : Prophylaxis and Cure

Km. Sapana Lal

P psychoneurosis is an ailment concerning mind and sinews wherein the patient happens to be mentally sick. It is a minor mental sickness from the treatment point as well in which the patient does not die, nor he has to endure much physical pain. The personality of the patient being normal he understands his drawbacks and gives full cooperation to the doctors. The disease results from disappointment, struggle and mental worries.

Symptoms

Fear and Anxiety : The patient remains in a state of fear without any cause. He is invariably afraid of something or other just as falling ill, becoming mad etc. The personality of the patient tends to be distorted by fear, worries and inferiority complex.

The patient being engrossed in his personal thoughts or feelings is unable to face the day-to-day problems of life.

Tension and Hypersensitivity : Patients of psychoneurosis uselessly worry over trifles. Therefore, they are always tense. Their sensitivity happens to be more acute than

that of normal persons.

Fatigue and Physical troubles : The energy of the patient is expended largely on useless tensions, worry, struggle etc. They are pestered by abdominal diseases, headache etc.

Other symptoms : Patients are always in bother, dissatisfaction & fickleness of mind.

Causes

Hereditary : Children are closely related with their parents. Should any one of the two be mentally ill, then his behaviour will influence the child and the child may go sick too.

Influence of School : School exerts a profound influence on the mind of the child. If the teacher is virulent and does not spare the rod then the child hates him and at times wants to avenge himself. This breeds symptoms of mental disturbance.

Influence of Society : The person belongs to society. Tensions develop in his relations from time to time which can cause psychoneurosis. Tensions may

be due to poverty, loss of situation, worry, etc.

Psychological : The psychologists believe that the causes of psychoneurosis could be unreal ambitions, undesirable desires etc. Inferiority complex, lack of hope and purpose in life also may lead to the sickness.

Treatment

Psychological methods are required to cure psychoneurosis which are suggestion, hypnosis, psychoanalysis and re-education.

According to Charaka, the cure of mental diseases is possible through knowledge, Dhairya (fortitude), Smrti (memory) and Samadhi (stillness of mental tendencies) this makes it clear that in cases of mental illnesses the role of medicines is limited.

The eightfold Yoga (Yama, Niyama, Asana, Pranayama, Dhyana, Dharana, Pratyahara & Samadhi) is highly useful in psychoneurosis. Other methods of Yoga like Dhyana Yoga, Bhakti Yoga, Jnana Yoga, Mantrayoga etc are also useful.

Mahanagar, Lucknow

Yoga for Optimal Experience

R. K. Palhan

The essence of life is happiness, which depends upon action done skillfully, overcoming challenges but not being attached to the fruits of action. One has to continue to make efforts moment by-moment skilfully and this is all life is about. This is freedom.

In all disciplines, in everything, the peak performance is the result of spontaneous, effortless 'flow'. This 'flow' occurs when one is acting spontaneously, effortlessly, smoothly and totally. One is involved in the moment of action with full attention, with everything fully balanced and interacting harmoniously. This requires practice and attention, internal peace and absence of stress, both physical and mental.

'Flow' can be perceived as a dynamic interaction of body and mind, breath, emotions and awareness—a state that is to some extent available to everyone. 'Flow' is not a fluke gift of a few great athletes. Performance is not only physical but mental. Yoga is a useful tool for activating 'flow'. Yoga is holistic; it recognises that any activity is more than merely physical; it integrates emotions, awareness and breathing; it clears the chaotic traffic of thoughts, desires, expectations and fear. Yoga is a

thoroughly planned 'Flow' activity, to achieve a joyous self forgetful involvement through concentration. The Yogi embodies this fullness of 'Flow'.

In the present times, Yoga is a great anti-stress remedy to achieve the above goal. Having taken into account the importance and effects of Yoga, the Railway had introduced regular Yoga classes as part of training for the Running and Traffic Staff in order to inculcate the spirit of alertness and awareness of safety in their operations. Nagpur Division started Yoga classes in 1990. South Central Railway introduced Yoga techniques in their school in 1992 and Diesel Locomotive Works, Varanasi in 1994-95. The outcome was self-evident when it proved as a boon for the health and vitality of the staff and the organisation at Varanasi could successfully cope with the unprecedented challenge of manufacturing four new types of diesel locos in a single year.

Stress is known as a modern epidemic and foremost threat to the physical health and emotional well-being. Yoga is the only remedy which provides practical techniques to relax both body and mind and restore health and harmony in our lives. Yoga has proved to be a powerful means for triggering 'flow' in societies to attain peak

performance in all spheres of human activities both physical & spiritual.

It was observed that Railwaymen could reduce stress in their day to day work, particularly in coach maintenance, by practising Yoga regularly. Similarly Yoga ensured vigilance on work which was crucial to safety operations. Greater sense of awareness about self and the environment was found to be crucial for these safety operations.

Similarly, Yoga has been found to be of therapeutic use, particularly in cardiac conditions. In a study conducted by Dean Ornish of University of San Francisco, California, USA amongst 48 patients of Ischaemic Heart Disease. The group which took to Yoga, change in life-style and vegetarian diet with limited fat, showed remarkable improvements. Chest pain disappeared in 82% patients whose walking and exercise tolerance increased. The blocking of coronary arteries which was 77% reduced to 59% and the blood flow to the heart increased the cholesterol levels also reduced.

Stress Management through meditation, Pranayam, Yogasanas, all together (not in piecemeal) which will bring

about a marked improvement in the Quality of Life is the real answer to the challenge of modern day living beset with stress oriented problems like CVD, hypertension, dyspepsia, colitis, spondylitis, diabetes, anxiety and many other psychosomatic disorders which are not the direct result of any pathogen but of our defective bodily or mental reactions to the stress encountered in daily life.

The mind plays paramount role in the problem of stress. The control and regulation of mental activity is an essential step and the path of achieving optimal experience, characterised by mental balance & harmony, optimal health and self development is vital for nation building programme. Stress has been described as a modern epidemic and the number one threat to the physical health, emotional well-being and productivity of modern men and women. Yoga provides a wealth of practical techniques to relax both body and mind and to restore health and harmony in our lives. In essence, exercise, diet regimen, meditation, relaxation procedures, breathing techniques and guidelines for a healthy life-style for managing stress, inevitable outcome of present day living, in a simple manner for quieting the restless mind that takes us beyond even stress management to positive personal growth.

**Addl. General Manager
Central Railway, Mumbai**

Festivals : Devices of Mental Health

Dr. G. P. Upadhyaya

Thinkers all over the world have believed healthy body to be the primary need of the human society. All festivals are celebrated with happiness, enthusiasm, cleanliness and change of menu. Ayurvedic Acharyas have defined 'healthy' as follows :

Samadoshah samagnishcha samadhtumalakriyah.

Prasannatmendriyamanah Swastha ityabhidhecyate.

That is, it is not sufficient that the body is strong, Dhatus are in equilibrium and functioning of the scums are regular; happiness of soul, sense organs and mind is also indispensable for being called healthy.

All festivals begin with cleanliness. Houses are swept, whitewashed and decorated too. It helps in the maintenance of health and imparts pleasure as well. New clothes are put on, which breeds enthusiasm among the youngsters and enhances goodwill among the family members. Dainty dishes are prepared to celebrate festivals. This eliminates the suppressed desire of enjoying such luxuries at least once in a year. Festivals are meeting

occasions of relatives, friends and other dear ones. People greet one another. By this relations, friendships are strengthened. Moreover all feel relieved. Religious festivals involve Pooja, obeisances to elders breeding humility and theism in the youngsters.

Dazzling wreaths of lamps, explosion of crackers and bombs, beaming and bouncing children and guffaw eliminate the depression of long duration in no time, during the festival of Deepawali.

As far as Holi is concerned, it is celebrated all over the world in one or the other form. This festival helps in the sublimation of antipathy and suppressed sexual urges. All psychiatrists agree that the expression of suppressed desires in any form provides relief from mental stress.

Thus festivals enhance our mental health. These are helpful in the making of healthy body, healthy mind and healthy society, provided we celebrate them with healthy traditions.

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Practice Trataka for Divine Vision



Trataka

The function employed in Yoga to remove the accumulated phlegm and scum from the eyes and related organs and enhance and fix the eyesight and make the mind one-pointed is called Trataka.

Shedding light on the benefits of practising Trataka it has been said in Gheranda Samhita succinctly that : ***Evam abhyasayogena Shambavi jayate dhruvam Netradosha Vinashyanti divyadrishtih prajayate.***

To wit, its practice fixes the Shambavi posture, destroys the diseases of eyes and imparts divine vision. In Trataka, practice is made to fix the eyesight on any external or internal object.

Kinds of Trataka

The method of Trataka is one and the same. However, depending on the base-object (to which the eyesight is fixed) three kinds have been enumerated :

Antar Trataka - Herein eyes are closed and the eyesight is

fixed on some imaginary object (such as Nabhi Kamal or function such as Antarnad)

Bahya Trataka - Herein some external object such as Om, some point, shade, diety, photo of teacher or God, early sun, full moon,

flame of lamp is installed as the base.

Madhya Trataka - Herein any organ of the body is set as the base such as the middle spot between the eyebrows, tip of the nose, left or right collar bone etc.

The practice of Trataka is oriented from gross to fine and from external to internal. Initially external gross object is set as the base. It is easy to fix eyes towards it. Later slowly the journey begins from gross to fine and external to internal. Its contribution to the development of spiritual advancement is great.

In the present context, we are describing Trataka from the point of view of improving eyesight, avoiding the diseases of eyes and maintaining them in health and protecting them. With this object we are describing a simple method which can be easily followed and put to practical use by all.

Requirements

1. Rug, carpet or proper



Dr. Ayodhya Prasad Achal

pellet to sit 2. candle or Ghee lamp 3. stool or chair with wooden seat, 4. a clean handkerchief or mini towel and 5. matchbox.

Method

Spread the rug or carpet over the pellet and sit in any posture of meditation such as Sukhasan, Siddhasan, Padmasan or Vajrasan. You can practice Trataka on the chair, if you so prefer. However the backbone must be kept straight and body must be motionless.

Keep the stool about 75 cm from you. Keep the Ghee-lamp or candlestick over it. Remember that your eyes and the flame of the lamp should be at the same level and the flame should be unwavering.

Try to keep the body motionless and the mind peaceful. After relaxing open the eyes slowly and let it rest over the flame of the lamp. The eyes should be wide open all along. The eyelids should neither fall nor bend. Maintain

this action till eyes become watery. Do not worry about any stimulation or appearance of water in the eyes.

Begin this action with 10 seconds in the beginning and increase it by 10 seconds every succeeding day. It is sufficient to practice it for 5-10 minutes for general benefits.

Practice Trataka only till it is comfortable. You will yourselves feel that slowly your vision has become fixed and mind single-pointed.

In the beginning you may experience headache due to the pressure over the eye-muscles. Do not be perturbed by this. Go on practising. Rest will remove the headache.

Place and Time

Select a dark and peaceful place for Trataka where direct gusts of wind do not blow, as otherwise the flame would not be unwavering. If the flame wavers then your vision and mind will also waver.

The best time for practising Trataka would be in the morning, two hours before sunrise or two hours after the sun has set in the evening.

The function should be performed on an empty stomach to easily achieve mental one-pointedness.

Those who have any complaint in the eyes or who have had their eyes operated upon within one year should begin Trataka on the advice of the doctor only.

Benefits of Trataka

The lachrymal glands are activated. The scum of the eyes

are turned out with tears. Eyes become clear. Muscles and filaments connected with eyes become active. They start functioning smoothly.

Diseases of eyes are cured by Trataka. Functional defects are rectified. The eyesight is improved. Vision is fixed. Its continued practice makes the use of spectacles infructuous.

The immobility of vision breeds the immobility of mind. Incessant practice develops mesmerising faculty.

Certain Necessary

Instructions

Practice of Trataka increases the heat in the eye and brain. So the practitioner must also perform Jalaneti everyday. Eyes should be washed with Trifala water. This increases the possibility of benefits manifold.

Those who have been prey to venereal diseases within 2-4 years or those who are addicted to intoxicants and those who suffer from Rakta Dosh, Amla Pitta, chronic fever, typhoid, marrow deformity, cystic deformity etc. should not practice it.

During the practice period Pitta-increasing diet and behaviour should be avoided. Constipation should be carefully obviated.

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Massage or External Oleation

Vd. R. M. Nanal



Massage is external oleation. The word Abhyang includes massage, anointment and unction. We use various oils for massage. Ghee is not used for massage as it softens the skin. Use of oil makes the skin hard.

During the spring season Kapha happens to be naturally aggravated. Therefore massage in spring season is of no use. During the rainy season Vata happens to be aggravated and hence massage yields good results.

Massage must invariably precede the bath. Massage subsides Vata, removes tiredness, retards the process of ageing and makes the skin smooth and fresh. It also nourishes the body, induces longevity and clears the eyesight.

Use mustard or gingelly oil during Hemant and Shishir

seasons. In Sharad and Greeshma you may use coconut, sandal, Bala or Lakshadi oil. Massage should include the whole body. If this is not possible oleate the head, ears and underfeet daily regularly.

Salt and Massage

Ayurveda advocates daily massage. If salt is added to the oil then advantages are faster. Salt is subtle and conveys the oil to the various channels very fast. Add one spoon of salt to one bowl of oil. Before applying warm it to a comfortable temperature.

You may prepare following oils domestically :

(i) **Masha - Saindhav Taila** - Use of this oil makes the body strong. Skinned Urad, rock salt and gingelly oil are needed to prepare it. This oil is especially suited in sprained waist and neck, shaking hands, feet and head and withered body.

Manjishtha Ela Taila - This oil is prepared with the decoction of Majith and cardamom. It cures minor skin diseases.

Brahmi Aonla Oil - It cures falling hair, dry hair and premature greying of hair.

Kumari Oil - This is prepared with the juice of Gheekuwar. It is very useful in burns. It is also wholesome for hair.

Rasona Taila - Oil prepared with garlic decoction. Extremely good cure for aching ears.

Method of Preparation

Example 1 : Manjishtha - Ela Taila - Grind finely 50 gm each Majeeth and cardamom with water. Prepare a coarse powder of 800 gm each Majeeth and cardamom separately. Boil these two powders with 6400 ml water till 1600 ml. remains. Now cook the decoction, ground paste and gingelly oil together till all the water is evaporated. Take out the sediment and macerate with fingers. When the paste becomes like a wick and burns in fire without crackling sound then oil is ready for use. When the oil is ready foaming takes place and the fragrance, colour and taste of the ingredients shows up.

Ex.2. Beejaparna Oil - Take 1600 ml. Beejaparna leaf juice, leaf paste 50 gm and gingelly oil 400 ml. Boil the three things together till the oil remains and above tests hold good.

26. Anand Bhawan
Pt. Satwalekar Road, Mahim
Mumbai - 400016

How to Avoid Cancer ?

Dr. Anita R. Gautam, Lucknow

HELP!!!

The tobacco monster is attacking!

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KILLS	THREE MILLION PER YEAR GLOBALLY
CAUSES	CANCERS, HEART ATTACKS, LUNG DISEASES
HARMS	PASSIVE SMOKERS INCLUDING CHILDREN
ROBS	FAMILY INCOME FROM ESSENTIAL NEEDS
DESTROYS	LIFEGIVING TREES FOR ITS PRODUCTION



HRIDAY SAYS

Save yourself, your family, and the environment
Help to free the world from the tobacco monster.

Health Related Information Dissemination Amongst Youth.

Cancer is one mystery the medical fraternity has failed to understand completely. Only if the shroud of secrecy thrown over the disease could be unveiled we would have won the battle against this enemy.

For those who have suffered or lived with a cancer patient can realise the pain, hopelessness and agony of the patient as he undergoes painful surgeries, radiotherapies,

chemotherapies and bears the side effects of lethal drugs with picture of death looming large over him.

Statistical data show that 70 per cent of stage I and stage II cancer patients are long term survivors (those who live beyond five years after undergoing treatment) but unfortunately 80 per cent of patients report to doctors when they are at stage III & IV of cancer.

'Gall bladder cancer - the worst form of cancer, which is usually detected in late stages, has a higher incidence in northern part of India, comments Prof. N. C. Misra, the internationally

acknowledged oncologist who is credited for introducing and establishing surgical oncology as a speciality in the country, 'because of the adulterated vegetable oil consumed. In the south the medium of cooking is generally, coconut oil which seems to prevent the malady', says he.

However, the best way to tackle the enemy is to understand its nature completely. The scientists in

their quest to probe the question have explored various factors in personal habits and life styles like tobacco chewing, smoking, hot & spicy food consumption, exposure to ultra violet radiations and unhygienic living conditions play an important role in causing the disease.

Prof. N. C. Misra who is also President, Indian Association of Surgical Oncology and whose work has brought laurels to India through multidisciplinary approach by using neo-adjuvant chemotherapy followed by radical surgery in controlling advanced oral cancer, says 'brief information capsules are a must because unlike the west where one-third of cancer patients get cured, in India the survival rates are low. Patients generally come for diagnosis when the disease has entered third and fourth stage and is too advanced to cure.

According to National Cancer Registry the average number of new cancer cases per year are 70/100,000 for men and 80/100,000 for women and that makes it 650,000 new cancer cases every year.

What then must be done to avoid cancer ? Eating a balanced diet rich in fibre, fruits and vegetables, avoiding exposure to too much sunlight and X-rays are other



costing Rs. 31,000. Platinum based drugs used in curing lung and ovarian cancers are even more expensive.

Through the discovery of BRCA1 gene, women have been inspired to opt for gene test even before the onset of breast cancer.

Obviously these early warning signals will go a long way in taming cancer cells yet a country like India can not make the test available for use. It is also true that such gene tests, though successful, will take several years before they could be developed for clinical treatment over the world.

Medical efforts thus remain confined to improving the arsenal (drugs) in the war against cancer and the quest goes on.

precautions to observe.

Comparisons between countries show that the incidence of colon cancer is far higher in the west than in India. This is because diet in the west does not include sufficient amount of roughage as it is in India.

Tobacco, in any form - be it Pan Masala, smoking or snuff, is harmful. With cigarette smoke containing 4000 chemicals even passive smokers are at a great risk. Alcohol, too, acts in conjunction with tobacco and incidence of cancer throat, food pipe (oesophagus) is more in people who chew, smoke and drink. These cancers take many years to develop.

Intake of vegetables like cabbage, cauliflower and other green & leafy vegetables help protect against cancer.

High fibre foods like wheat, rice, popcorn, apples, oranges, potatoes, spinach and tomatoes also help safeguard against many types of cancer.

Intake of vitamin A and C through natural food may protect one against various kinds of cancer.

A major problem facing patients is the sheer cost of treatment. While the arsenal of anticancer drugs has grown with 50 chemotherapy drugs available to combat 100 types of cancer, their prices are rocketing high. The wonder drug taxon used in breast and ovarian cancer is prohibitive with a course of six injection

Jeevaniya Distributor

We are happy to inform our readers that Jeevaniya English Edition is now being sold through the vast network of Higgins Bothams in South India.

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Problems of Old Age

India is witnessing a silent demographic revolution due to increase in life expectancy which has led to an alarming increase in the population of the elderly (i.e. 60 years and above). Their number, 60 million now, is likely to touch 75.9 millions by 2001. India's life expectancy, a mere 32 years at the time of independence, has now increased to about 62 years. It is likely to touch 70 years by the end of the century. In the coming years, the Government, hospital services and voluntary agencies have to cater to a large segment of the aged. The ageing phenomenon, results in slowing down of physical and functional capabilities. The elderly are susceptible to infections and old age functional impairment such as failing eyesight, loss of hearing and disorders such as hypertension, diabetes, respiratory cardiovascular diseases and psychiatric illnesses.

For some, retirement is freedom from drudgery and routine. But for others, loss of power, position and status, causes mental havoc, as they seem to lose their moorings. Time hangs heavily as they do not know how to spend it.

Nearly 50 per cent of the aged are so from physical and mental disorders. The community's outlook on the aged differs from culture to culture. In the west, elders,

when they cease to be functional, are viewed as a "burden" on family and hence they end up in old age homes.

In India and in the countries of the east, respect and regard for the aged is deeply ingrained in the collective psyche. Normally families take care of their aged. For bringing up children and for looking after the aged, there is no institution, which can excel the Indian joint family—unfortunately a vanishing phenomenon.

But, the Indian cultural milieu is fast changing due to growing industrialisation, urbanisation and modernisation. Urban modern living has led to nuclear families, which are replacing the traditional or joint families. Often, economic compulsions force young couples to take jobs, leaving the aged and the disabled to fend for themselves.

Dementia is emerging as a major problem in India, about seven per cent of aged are said to be suffering from different forms of dementia and Alzheimer's disease. Clinical features of dementia include decline or loss of memory, thinking, judgment, disorientation of time and place, followed by functional and personal incapacities. Many suffer from depression.

Dementia patients display uncommon interest in sex, indulge in vulgar jokes, resort to uncommon collection habits

and also become voracious eaters. Due to their inability to focus attention, they get distracted easily. Many of them take to aimless wandering, several lose control over their bowel and bladder movements. Neurosyphilis, hypertension, alcoholism, brain injury, and toxicity from lead and arsenic and excessive drug-taking can cause dementia.

Unfortunately there is no medical treatment or effective drug therapy, that can mitigate the devastating effects of dementia. Alzheimer's disease is one of the common forms of degenerative dementia. Its early onset is said to be genetically determined.

There is a need to educate the family on the nature of this disabling disease and methods to manage them within the family. There is also a need to promote voluntary self-help groups to take care of dementia patients. Separate geriatric units should be set up in the district hospitals to treat senior citizens. Both medical, para-medical personnel and those, who man the primary health centres should be taught the basics of geriatric medicine. About 82 per cent of India's aged are living in rural areas. The government should view the aged not as a social liability, but as an obligation in return for their earlier valuable contribution to the community.

Osteoporosis : The Bane of Old Age

Osteoporosis is a disease marked by the formation of pores in the bones. Formation of pores in the bones tends to render them to collapse or to break. People call it by the name of trickling of water into the bones'. This occurs in old age. Nowadays the number of old men is increasing all over the world and this disease attacks most of them.

Our skeleton imparts shape and rigidity to our body and keeps stored the mineral salt calcium in large quantities which is so essential for the functions of the body. This calcium goes into the blood circulation as per requirement of the body and is also returned when not required. Withdrawals and depositions of calcium are done by the blood cells. These cells are situated in the fine tubes of skeleton, marrow and its surface. These are of two types, osteocyst and osteoblast.

The deposition and withdrawal of calcium into and from the skeleton begins from pregnancy. The accumulation of calcium continues till the age of 35 years. The process of accumulation of calcium thereafter comes to a stop. However the process of withdrawal of calcium continues unhindered. Generally the depletion continues at the rate of half per

cent of the total accumulation per year.

In certain diseased conditions and in menopause among women, the depletion of calcium store occurs at a much higher rate of 2-3 per cent. The accumulation occurs in childhood and youth only and greater the accumulation upto youth, farer the osteoporosis. Generally the density of bones which attains maximum by the age of 30, becomes almost halved by the age of 60 due to the gradual depletion of calcium.

The patients of osteoporosis are easily identifiable. Initially pain occurs in the back and below the waist which is lessened by lying down and increases with coughing and sneezing. Later fracture many occur in the vertebral column while travelling in a bus due to the jolts or in the ribs during violent bouts of coughing. A slight jolt can cause fracture in the wrist or hip bone. The height of the body is also reduced by 1"-1.5".

Causes

There are two main reasons - (1) lack of calcium in the diet (2) lack of exercise and inertness.

In order to preclude the depletion of calcium stored in the skeleton with growing age following calcium content is



Prof. S. K. Mishra

requisite in the food :

Childhood 400-700 mg. everyday

Adolescence 1000-1500 mg everyday

Adulthood : 750-1000 mg. everyday.

Pregnancy : 1500-2000 mg. everyday.

Lactation : 1500-2000 mg. everyday.

Old age : 1500 - 2000 mg. everyday.

Calcium is obtained from milk and its products. Daily consumption of 1-1.5 litre of milk can supply the requisite quantity of calcium. However it is not feasible for all to consume so much milk. Milk is a rarity for the Indian women. That is why they are more likely to contract this disease.

Another essential substance is vitamin D which should be taken in doses of 400-800 units.

Contd. on Page 29

Nature Cure and Modern Society

Man is an integral part of nature. He cannot even imagine an individual or social life separated from nature. In the modern industrialised society also the relationship between man and natural factors is every much deep-rooted and intimate.

The riddle of human life begins and ends as a complex process completed only with a unification with nature. Though man is mortal, universe is immortal. If we remember the fact that we are only a tiny atom of this great universe, we become conscious of the triviality of our life. We remain as an integral and eternal part of universe in one form or the other. It is indeed hopeful and inspiring to live in tune with such a nature.

Almost everyone muses over the basic question of what is the goal of our existence. Religious exercises will fetch the answers since through them, man will cultivate detachment and contentment will be obtained from his attitude to the world around.

Mother Nature

A child is born into the world as an innocent, helpless small creature. He has nothing to his support except his innate ability to cry with stretching and striking his arms and legs. He

might have wondered why he has been given such a life. It is Mother Nature who blesses him, who consoles him, who nurses him, who leads him, who guides him and loves him. When he grows old he disowns and hates her thanklessly, moving away from her. That is what is happening. That is why we suffer from so many of problems of ill-health, confusion and sufferings.

Laws of Nature

Among the different methods for keeping our body and mind healthy, nature cure is the best and most advantageous. A person can follow the laws of health i.e., the laws of nature without spending any money. If any kind of irregularities are crept into the relationship between man and nature he becomes a patient. The science of 'nature cure' teaches us how we can be free from the condition of ill-health and lead a secure and good life free from any problem of body and mind.

It is not a difficult task to translate into practice the principles of nature cure in our day-to-day life. The body has some inborn techniques in itself to make it healthy. If we make use of this technique to its fullest extent there will not be any room for disease. A healthy man will be healthy not only



Dr. T. K. Abdul Razack

physically, but mentally and socially. If, we want to experience this heavenly blissful state of life we must keep and make use of the factors of nature. We make use of all the five elements viz., ether, air, earth, water and fire.

We must follow the laws of nature in all activities of our daily life like food, routine, sleep, work, rest, recreation, relaxation, sex, etc. Then there will not be any room for disease in our life. Unfortunately, nowadays, the almost total neglect of the laws of health and the universal use of drugs, vaccines, etc. to cure disease produce a will - o' - the wisp state of affairs.

The Present Problem

In the present day world we came to realise the un-natural-conditions imposed on us by modern living and we are concerned with the different kinds of hazards that lurk in our

environment. We breathe the poison in the air, eat the poison in food, drink poison in water and there is poison in the earth we cultivate. Thus our living conditions prove to be suicidal to us.

Nature cure aims at purifying the entire body eliminating the poisons that collect in our body from consumption of wrong kind of food and drugs. When we begin to live according to the laws of nature stressing more on the correct way of thinking, breathing, eating, working, resting, etc., disease conditions would also disappear.

Naturopathic practice in its true sense is educating the individual in self-control, right habits, prevention of disease, improving the constitutional health so that nature comes into her functioning and to the level of harmony where she carries on her own defence work against disease and does her own healing. Nature cure as a system of healing rechemicalises, re-mineralises, rejuvenates, regenerates and house-cleanses the body to the normal health condition. As somebody put it, we should make right and healthful living as a means to an end and not an end in itself.

Studies in medical sciences indicate a growing number of chemically susceptible and sensitized persons, often suffering from unexplainable allergies and organic disorders. Often potentially toxic substances are dismissed on account of being below a presumably, artificially set level

of concentration in the air.

All living things live in harmony with each other often helping each other. A micro-organism can exist in human body quite harmlessly. However man's activities coupled with his heredity resulting in a changed eco-system, can transform this harmless relationship into a destructive battle giving rise to a disease.

Though our environment influences our day-to-day habits and practices, our way of living have an important role to play.

This includes our individual likes and dislikes, personal hygiene habits, health behaviour and knowledge of health and disease. Man's culture has brought to him health as well as illness. Our social taboos and beliefs based on religious code do not permit us to cultivate some good habits.

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Watch Your Calories

Too many people believe that there is one big category of food that is non-fattening and another that is fattening. Thus, the weight-buster stops worrying about the arithmetic, or the size of portions, so long as he sticks to the first category, scrupulously avoiding food items in the second group.

Size does matter : Very few waist-watchers distinguish between the calories a tall glass of squash contains and that in a smaller one. Similarly, the range-of-the-town hamburger may have twice the number of calories than an ordinary burgher.

Count every calorie : Each small snack, especially the ones nibbled over a long period, should be taken into account. A mere 100-gm packet of peanuts unconsciously devoured in the course of watching a film does not seem worth thinking about. Yet, it represents 560 calories !

Cook lean : It's surprising how much the fattening qualities of food changes with different methods of preparation. A potato contains only about 100 calories. Add 15 gm of ghee and you treble the count. Have 250 gm of potatoes chipped or mashed with butter and milk, you push the total to 350. Incidentally you can cut the calories in chops by using a grill that allows fat (and calories) to drip out of the meat.

Finally, beware of calories : Why do you overlook the calories in alcoholic drinks ? Do you know a small glass of after-dinner liquor may add up to 100 calories ? And that the two beers you drink with cashewnuts add about 300 calories to the 700 in the nuts ?

Certain Rules for Staying Fit

**LIFE CAN BE A SMOOTH JOURNEY
IF YOU FOLLOW THE TRAFFIC LIGHTS !**



HRIDAY Says

Nutritious food in regular balanced meals.
Makes you go, grow and glow as it builds and heals.
Not too oily, sweet and salty! good food can be very tasty too.
Make sure what is good for the tongue is good for the rest of you.

Health Related Information Dissemination Amongst Youth



Supported by Rajiv Gandhi Foundation

It is rightly said that life without health is useless. A bed-ridden life is no life.

If you want to live in health then you must observe certain rules, which are given herebelow :

- After thoroughly brushing the teeth and cleaning the tongue go for walking on empty stomach. Keep your pace somewhat faster while walking and take long breaths, retain for sometime and then release slowly.
- After returning from walking

exercise and rub the body while it is warm with a towel, and then bathe.

- Swallow every mouthful of food after thoroughly chewing it only. God has given you 32 teeth and you must chew as many times. However you cannot chew Roti with vegetable or Dal 32 times, so chew the Roti alone first 32 times and then eat vegetable and Dal which will make the Roti more tasteful and you will need minimum of vegetable and Dal.

- Every man needs half kilogram of food to remain healthy. If one eats more it will go out as faeces without being digested. Fill your stomach to half with food and an additional quarter with water and keep quarter of the stomach empty for air.
- Do not drink water while eating except for a sip or two. Start drinking water little by little one and a half hour after meals. One must drink 3 litre of water in 24 hours.
- Just after meals do not start hectic working. Lay down on your left side for one minute and two minutes on the right side. Thereafter you may begin working.
- After meals instead of smoking or chewing Pan, take one little Harad and chew it which will be softened in an hour or so and then swallow it. It will keep the stomach clean and maintain you in fine health.
- Chew the solid foods till they are drinkable and keep liquids in the mouth for sometime so that sufficient quantity of saliva gets mixed up with it.
- Evening meal should be taken before sunset.
- After brushing your teeth in the morning fill your mouth with water so that the

respiration is arrested and then splash eyes with cold water for 20-25 times. If you cannot withhold the breath for so long then spit, gain your breath and refill your mouth with water and resplash the eyes. This precludes the diseases of eyes, throat, nose and ears. It also enhances the eyesight.

- Comb your hair with pressure to obviate the headache. The headache also vanishes by the massage of the nerves of the neck.
- Whenever you are in two minds whether to eat or not then do not eat. On the other hand, when you are in two minds whether to go for the evacuation of bowels or not, then do go for it.
- Observe fast once in a fortnight. Take fruits and vegetable soup with lemon juice only that day.
- Taking enema with water of body temperature is extremely good for the cleansing of bowels. Alternatively you may take

Infant mortality shows upward trend

The infant mortality rate in urban areas is showing an increase in several states. Demographers find this worrying. The infant mortality rate, as a rule, is lower in urban areas because of better access to medical facilities, education and generally higher standards of living.

The National Family Health Survey, the first major survey to collect health and demographic data, has said that the infant mortality rate is 52 per cent higher in rural areas than in urban areas. But a three-year moving average of the infant mortality rate in major states collected by UNICEF shows a sharp increase in the urban infant mortality rate in some states, even though it remains below the rural rate.

The three-year moving average draws a comparison between the data of 1991-93 to 1992-94. A moving average is taken for giving more precise results. Infant mortality rates are traditionally considered one of the best indicators of demographic conditions and of the overall social and economic well-being of a country.

an old Dhoti, immerse it in cold water and wind the stomach 4-5 times with it and wrap a shall over it, so that the wet bandage does not catch air. Let it remain for nine hours. This keeps the stomach fit and fine and cures fever.

- Sleep on your left side only.
- Massage camphored coconut oil on the underfeet for sound sleep.

- While bathing drench your head first and then the other limbs.
- Do not pour hot water over the head.
- Always keep your head cool and feet warm.
- Practising breath control obviates diseases of chest, respiration, asthma, cough and expectoration.
- Watch the rising red sun.

Contd. from page 25

This vitamin could be obtained free of cost from the sun. Those who live in dark rooms contract osteoporosis due to the lack of exposure to sunrays.

Lack of exercise and inertness

Exertion of pressure on the bones is a must for their well-

being and the disease does not occur to the manual labourers. The disease occurs only to the lazy sleepers and the inactive sitters. It can also occur to those who stay bed-ridden for long due to some disease.

Prevention and Cure

Prevention of osteoporosis is easier than its cure. One should take milk, cheese, fish or meat

daily to preclude it. Form the habit of regular exercising and morning walk. This will expose the body to sunrays so that plenty of vitamin D is formed in the body. Pregnant women should take the extra calcium as tablets or syrup.

**State Ayurvedic College
Pilibhit, U.P.**

Dengue Fear or Fever ?

Dr. Aunup Kumar, Lucknow

Delhi is in the news once again. It is not due to any summit, fashion-show, film festival or games. It is due to Dengue fever which has come out as an epidemic. The epidemic is spreading now in adjoining states also.

Now it is feared that Dengue fever which is due to mosquito *Aedes aegypti* bite is heading in adjoining states of Delhi. This mosquito differs from malaria mosquito. Malaria mosquitoes are found in ponds, logged rain-water, inundated water, whereas Dengue mosquito breeds and lives in our houses. Places like desert-coolers, water drums, pots, buckets, flower vases, plant saucers, tins, tyres, roof, gutters, drains, soak-way pits, cement blocks, etc are ideal places for Dengue spreading mosquitoes.

Malaria mosquito generally bites during evening or nights whereas Dengue mosquito may bite any time in day or night. Dengue is being spread mainly by type 2 virus this time. Its attacks had been repeated several times previously but this time it has come in epidemic form as Dengue haemorrhagic fever. Previously this disease was commonly known as breakbone fever (*Hadditod Bukkar*). National Institute of Communicable Diseases has

warned repetition of disease in more dangerous forms.

Symptoms

Symptoms are abrupt onset of high fever, severe frontal headache, pain behind the eyes, muscle and joint pains, loss of taste and appetite, measles-like rash over chest and upper limbs, nausea and vomiting.

Dengue virus becomes fatal when it enters bone-marrow and inactivates RBC, WBC, platelets and plasma. As a result arteries do not get fresh blood. Platelets count falls down and the clogging agent diminishes. This leads to haemorrhage and bleeding. Ultimately, the patient dies.

No vaccine is available to control this virus. Hence, timely identification, blood test and arrangement for blood transfusion can save the life of patient. Three to four units of fresh blood is needed for a patient suffering from Dengue fever. Platelets separated from blood by special machines are transfused for better results.

Dengue fever after initial stage leads to haemorrhagic fever and shock. Its symptoms after onset of fever are pale, cold and clammy skin, bleeding from nose, mouth or gums, frequent vomiting with or without blood, sleepiness

restlessness and excessive thirst.

Prevention

All the water from coolers, small containers and other places where water has remained stagnant should be drained off. Insecticides should be sprayed inside house and mosquito-nets and insect-repellants should be used while sleeping at night.

Dengue can be prevented through elimination of mosquito breeding places. According to a report published from WHO, a population of twenty five thousand million persons in more than 100 countries are living in such a situation where Dengue fever can appear anytime as an epidemic. In 1992 it was warned by WHO that in India Dengue virus is prevailing in different parts of the country, hence, possibility is that Dengue fever may attack the population anytime. In September, 1996 this warning was repeated. WHO Regional Director for south-east Asia region Dr Uton Muchtar Rafei had pointed out that the Dengue outbreak emphasised the need to strengthen surveillance mechanisms against communicable diseases. **(Please also see the news item on page 6)**

Proliferating ENT Diseases

Dr. S.P. Agrawal is a renowned surgeon for cancer and ENT diseases. Born in Jhansi, he is now 43. He studied upto M.B.B.S. at Jhansi. Having accomplished M.D. in surgery from King George's Medical College, Lucknow, he has worked as a doctor and teacher in Lucknow Medical College. Presently, he is working as an Assistant Professor in the same College. He has had training in microsurgery from Medical College, Madras and recently has attained proficiency in the surgery of tongue-cancer at the Free University Amsterdam, Holland. He is also an honorary member of several institutions like 'campaign against cancer' etc. We are especially thankful to him for having accepted the Honorary Editorship of the present issue of Jeevaniya.



Dr. S. P. Agarwal, Lucknow

Editor

ENT diseases are more common in undeveloped and developing countries like India as compared to the developed nations. This is due to air and sound pollution in cities, malnutrition among the poor and the lack of personal cleanliness and filth around the settlements in villages.

About 30-40 per cent of patients coming to the general physicians, or paediatricians complain of ENT diseases. Diseases of ear and the respiratory tract predominate in our country among the children and tumour of mouth and larynx rages among the youth. The government and the healers both have started looking into this problem, however much needs to be done.

About 12-15 per cent of children of age-group up 2-10 years suffer from diseases of ear. The number of rural children suffering from diseases of ear is still greater whereas in developed countries their number is limited to only 2-3 per cent. Among these most are easily avoided and treated as well.

It is somewhat strange that wearing spectacles to prop up the eyesight is easily recognized by the society but using hearing aid is regarded as a sign of old age and hence rejected. We can impart healthy and successful life to umpteen deaf and dumb children by the proper use of these aids, provided the society and government accepts the recommendations of doctors and help to provide these children with the machines at subsidized rates.

About 50 per cent of cancer cases happen to be of nose, mouth and throat. The main reason thereof is the bad habit of using tobacco, which is so rampant in our society. All the three forms of tobacco-usage, i.e. smoking, snuffing and chewing are harmful. Most of the cases of oral and throat cancers could be precluded by educating the masses and banning its use. If these cancers are detected in the beginning then the disease may be brought under complete control.

Similarly chronic coryza, allergy of nose and snoring may be cured by a minor operation. Certain useful articles on the prophylaxis and treatment of diseases of ear, nose and throat are being published in the following pages. Hope, the readers of Jeevaniya would make full use of this knowledge. I congratulate the Jeevaniya Society for their excellent social work.

Pain in the Ear

Vd. V. B. Mhaiskar



This condition is commonly seen in children and also in young people. Frequent cold, throat infection, improper cleaning of the ear, resulting in infection, dust and water adding to it are its various causes.

In small children a foreign body, usually a grain of cereal (Chana, wheat, Moong etc) is the cause of severe ear-ache. Sharp biting type of pain in the ear causes restlessness, sleeplessness and headache. Discharge from the ear, may or may not be there. When discharge is there it may be watery, sticky, red or yellow coloured (pus). Bad smell may also be there. Fever, local redness and pain on touching around the ear is also there. Sometimes, visible swelling is also present. Dry coughing is often there. One should try to get the cause viz., ear injury while cleaning. Look for a foreign body like a cereal grain,

swollen and impacted at times.

If it is a simple ear-ache due to cold, the following things can be tried :

Infuse few drops (2 to 3) of pure almond oil. This gives quick relief in good number of cases.

Fresh juice of banana leaves is also useful. Crush a large portion of clean banana leaf and express the juice in a clean spoon. See that there are no free particles in the juice. Take enough amount of juice on a sterile cotton swab and put the drops in the ear, keep the ear plugged with cotton.

Fresh Juice of Davana (*Artemisia sieversina*) a fragrant plant is many times available in well kept gardens or at the florist's shops. It has tiny juicy leaves which are used for their fragrance in the bouquets of flower, garlands and flower strings. Take fresh clean leaves and express the juice, by crushing them, in a

clean pot. With the help of sterile cotton swab, put 3-4 drops in the ear. This relieves pain. It is also effective in running ear.

Boil 5-6 garlic buds in 6 teaspoons of cooking oil till the buds assume a light reddish colour. Let the mix cool and filter through a clean cloth. Put 2 to 3 drops of this warmed oil in the ear. This is also a well tried and effective medicine.

Cases having impacted cereal grain, those having redness and swelling around the ear, with foul discharge should be sent to ENT specialists.

Protect the ear from dust and water by using cotton plugs. Avoid direct wind on the face and sides. Avoid curds, fermented foods very sour and cold things, ice cream and cold drinks. A few drops of sesame oil put daily in the ears are good in many ways.

The remedies given above are home remedies. If they do not show desired effect in a short time, consult a physician.

Care should be taken so that the quantity of oil used is not too-much, so that it makes the ears over flowing with oil and attract dust. To avoid this, one may put oil twice or only once a week. Excess of oil should be wiped off with dry, clean cotton swab.

**5, Ravideep Society,
Subhanpura, Vadodara**

Otitis Media

Dr. S. P. Agarwal, Lucknow

Ear is divided into three parts, external ear, tympani and internal ear. Swelling of tympani is seen mostly during the first year of life. It has been observed that every child falls a prey to this disease once or twice by the

time it reaches the age of one year. Thereafter the attack slowly diminishes. However it may occur at any age. It is one of the major diseases of infancy.

Cause

Generally this may occur

after infection in the ear, tonsilitis, sinustis and cold etc. This may also occur after an injury in the ear drum or head, Barotrauma due to change of atmospheric pressure or bacterial infection of blood.

The acute type may occur due to bathing in swimming pools during rains, diving and cold etc. It is more likely to occur in winter.

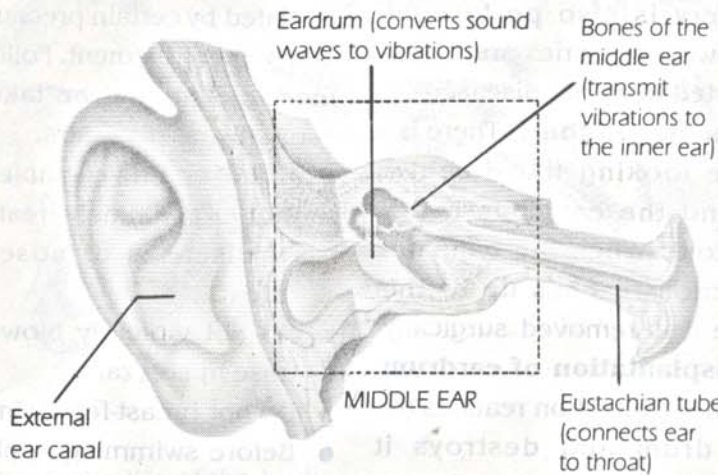
In the beginning cold, heaviness and intense pain in the ear occurs. Fever, reduced hearing etc may also be present. If not treated within time then the ear drum may burst or pus may come out of the ear. When pus is running the pain becomes less.

Treatment

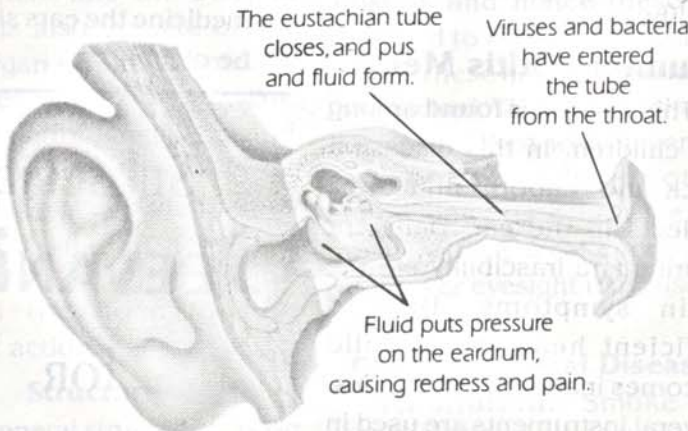
Analgesics and antibiotics are given in this ailment. If the pain does not yield to the analgesics and antibiotics or if the fever is high then a minor surgical operation is performed by the ENT surgeon for removal of pus. If it is not treated in time properly then it may become chronic which may in turn breed the fatal disease namely meningitis.

Precautions

Parents should take the child to the doctor and administer the prescribed medicine for the



Normal Ear



Infected Middle Ear

stipulated days. If doctor's instructions are not properly followed then the disease may recur.

Take care so that no water enters the ears of the child during bathing.

10 days after the disease is cured the child should be examined by the doctor. In the absence of pain and fever medicine may be given by parents or teacher.

Teachers should pay special attention to such children because they are not able to hear properly and become irascible due to this.

In case of frequent occurrence of otitis media the nose and throat of the child should be examined by the doctor and the fault should be rectified.

Chronic Otitis Media

Frequent attacks or absence of proper treatment makes the disease chronic. The chronic form happens to be somewhat less dangerous than the acute form. Its prolongation causes running ears from time to time which may create a hole in the ear drum and cause permanent deafness. After the creation of hole in the drum the infection may reach tympanic bones and damage them.

Examination is done by observing the ear under the microscope and testing the hearing faculty by audiometry.

X-ray of the head reveals whether the infection has reached the tympanic bones.

Treatment

The ear should be kept dry and clean. Cotton should be used to remove pus etc. Antibiotics are administered. If they do not succeed then surgery is resorted to.

Surgery of the ear is performed in many ways. Micro surgery is also performed. Following surgeries are mainly resorted to as per disease:-

Mastoidectomy- There is a bone looking like beehive behind the ear. It is called mastoid. When the tympanic infection reaches up to this bone it is removed surgically.

Transplantation of eardrum- When the infection reaches the ear drum and destroys it partially or totally then the ear drum is changed surgically. After the surgery the ear becomes almost completely healthy.

Running Otitis Media

This disease is found among the children. In this disease a thick and smooth substance collects in the ear. Deficient hearing and irascibility are the main symptoms. Due to deficient hearing the child becomes inattentive in studies. Several instruments are used in examination by which the lack of vibration in the ear drum, deficient hearing and the

quantity of thick and smooth substance are estimated.

Treatment

A minor surgery is performed to make a hole in the ear drum and remove the liquid substance. If necessary a thin Teflon or gold tube is put in which is taken out after three or six months.

Prophylaxis

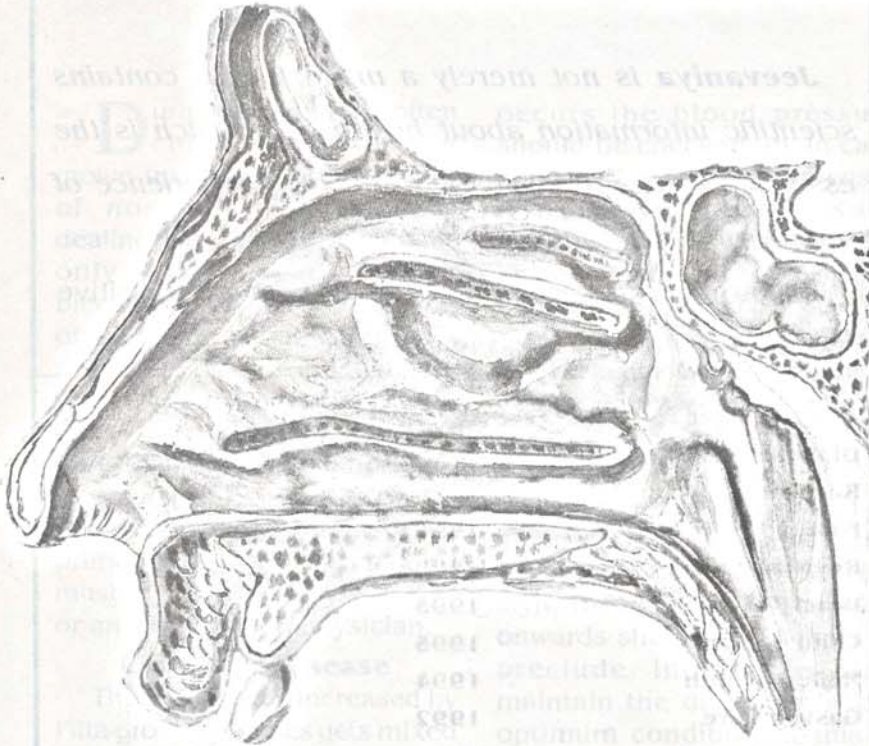
Diseases of ears may be obviated by certain precautions and proper treatment. Following measures should be taken to avoid diseases of ears.

- Use of green vegetables.
- Proper and timely treatment of diseases of nose and throat.
- Do not violently blow your nose in coryza.
- Do not breast-feed lyingly.
- Before swimming apply ear plugs.
- Do not prick the ear with pencil, key, matchstick, wick etc. According to modern medicine the ears should not be oiled.

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Causes of Nasal Diseases

Vd. R.M.Nanal, Mumbai



Air is the life of the body. The existence of body is not possible without air. The main gate for the entrance of this element into the body is nose. It is also the site of the sense organ of smell. Smell is perceived only through the sense organ of smell. 'Nasa hi shiraso dwaram' i.e. nose is the gate to the head. In diseases of head, Ayurveda advocates the administration of medicine through the nose for the quickest action.

Structure

The general structure of nose encompasses the fleshy nostrils above the lips, the dividing membrane, situated between

them and the facial bones beneath as base. The entrance of dust, smoke etc into the body is barred by the hairs in the nostrils and hence these are believed to be the protectors of lungs. These hairs should never be plucked. The nostrils should never be raked with fingers or scratched with other substances as otherwise the nose will be weakened and moreover eyesight may also be diminished.

Causes of Nasal Diseases

1.Pollution:- Smoke and dust particles get collected in the nose and create inflammation and ache in the nose and head. Various

chemical pollutions, fine fibre particles flying from clothe mills, dust of cement factories and mines, effect of condiments etc can cause nasal complaints.

2.Obstruction of Natural Urges:- Any special desire of the conscious body is called urge. Such as the urge of the natural calls and the urge to eat. There are thirteen of such urges. Among these the urges of faeces, urine, vomiting and tears having resisted cause coryza. This is a special diagnosis of Ayurveda and may be experienced by all.

3.Change of Water:- The sudden change of the type of water to which one has become used can create diseases of nose.

4.Excessive use of Water:- Diseases of nose may be created by excessive drinking of water, prolonged contact with water-such as in swimming, being drenched in rains, in scrubbing and washing utensils etc.

5.Keeping Late Hours:- Keeping late hours at nights can cause diseases of nose. Modern life-style necessitates working in shifts. Those who have to work in the night shifts suffer in the beginning. Later when one becomes used to it the complaints dwindle. One who is not at all used to staying awake contracts coryza upon staying

awake at nights. Those whose shifts change every week have comparatively more complaints of coryza. Those who work in the night shift for the entire month have comparatively less to complain of.

6. Seasonal Oddity:- Proper regular seasonal changes are beneficial to the body. However, rains in summer, hard sunlight in rains, rains in winter and such seasonal perversities give rise to nasal diseases.

7. Day-Sleeping:- Day-sleeping causes heaviness in the body. As a consequence bodily liquid rises. Kapha grows and coryza occurs. Particularly sleeping just after lunch and prolonged siesta of obese persons is the cause of diseases of nose. One should particularly avoid day-sleeping during the spring and rainy seasons.

8. Drinking Chilled Water:- Drinking chilled water just after meals or prolonged stay in ice cold water can cause coryza and other nasal diseases.

9. Gusts:- Sustaining gusts of air continuously on the face for a long time such as in cinema halls or being under a fast circling fan at nights, driving scooters etc., walking along sea-shores and rivers banks for hours together can cause nasal diseases.

10. Fits of wrath can produce coryza.

11. Indigestion also breeds nasal diseases.

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Mumbai-400 016**

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Epistaxis : Nose-Bleeding

Prof. Shiv Kumar Mishra, Pilibhit

During the summer, often children and even grown ups have the complaint of nose-bleeding. We are dealing here with those cases only here wherein nose-bleeding occurs in the absence of any particular disease, solely due to the influence of weather and irregular diet and behaviour. It should be noted here that nose-bleeding could be a symptom of some serious disease. So after administering primary treatment the patient must be examined by a Vaidya or an experienced physician.

Causes of Disease

The bodily Pitta, increased by Pitta-growing causes gets mixed up with blood and pollutes it and then blood emerges from upper channels. The blood emerging from above such as from nose is blended with Kapha. Generally during the spring season and thereafter Pitta becomes defective. Sour things should not be consumed in excess during this season.

Excessive use of hot substances like tea, coffee, jaggery etc or working under the sun for long induces dryness in the body and due to this blood oozes from nose. Modern belief is that the scratching of dry flakes inside the nostrils and deficiency of vitamin C causes nose-bleeding. Patients of high blood pressure, who have no other complaints, also may bleed through the nose. Hence as soon as nose-bleeding

occurs the blood pressure should be checked up. In case of nose-bleeding during menses among women special tests and treatment are necessary.

Some hereditary disease like haemophilia and excessive use of certain modern medicines like Novalgin, Chloromphenicol etc. sometimes causes nose and oral bleeding.

Treatment

Diet : Prophylaxis should be attempted from before the advent of summer. Food and life style from the spring season onwards should be such as to preclude indigestion and maintain the digestion in the optimum condition. If this is done then the Pitta does not get vitiated and the danger of disease remains minimum. Prophylaxis is achieved and even therapy is assisted by the use of cold things like Petha, Murabba of Aonla, Apple; Gulkand, Thandai, Fennel, Gorakhmundi Phalsa syrup during the summer.

Ayurveda advises Tarpana (process of imparting strength to the body) in this disease. The best therapy is said to be the use of Saktu (Sattoo of corn flakes) or common Sattoo.

Behaviour : Exposure to sunlight should be avoided as far as possible and one should stay indoors in cold places, using cooler, Khas ki tatti etc.

After attending the natural calls early in the morning go for morning walk and have milk

with Gulkhand or pomegranate juice or sandal syrup for breakfast.

Household Therapy : Lick half spoon juice of fresh, green Doob grass blended with honey thrice daily.

If the nose starts bleeding all of a sudden then take a gauze, apply Deshi ghee and soak it in Doob juice and then apply it to both the nostrils. This arrests the bleeding.

Take one spoon of Aonla powder with milk or fresh water thrice a day. In addition take one spoon Haritaki powder at bedtime with lukewarm water to keep your stomach clean.

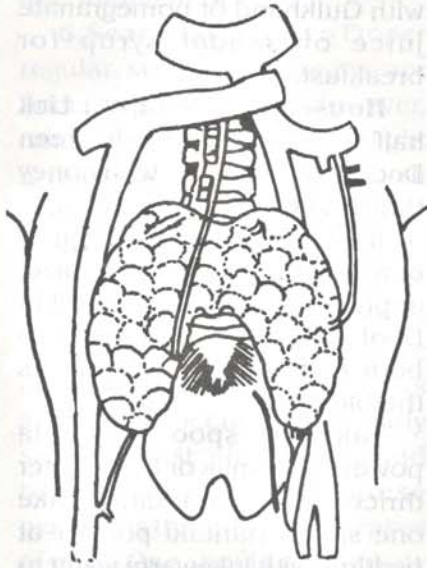
Use of Petha as Kooshmandavaleha or any other form is beneficial. Khus syrup is also useful. Ushirasava made of Khus and available in the market is also very good.

One spoon juice of Vasa (Adhatoda) leaves licked with honey thrice daily helps. If needs be, it may be administered every two hours.

Please Remember : That nose-bleeding is not a symptom of T.B. in case of nose-bleeding lie down on the bed having removed the pillow, and keeping the head slightly downwards. This reduces the bleeding. Those who have dryness during this season should not scratch their noses too much and should not excessively use hot things.

Persisting Sinusitis

Dr. S. P. Agarwal, Lucknow



Sinusitis can occur at any age or sex and is commonly found both in acute and chronic forms.

Sinusitis is the result of infection in para nasal sinuses. Poor ventilation and drainage of sinuses results in stagnation of secretions causing inflammation, polyp formation, allergy and bacterial invasion.

The reasons for poor ventilation and drainage can be several, viz., deviated nasal septum, developmental abnormality, tumours, traumas, muco-ciliary disorders, poor environmental conditions etc.

Symptoms

Nasal obstruction and discharges are the most common symptoms. Nasal mucosa becomes reddish and

the discharge may contain some pus. Feeling of pain in nose, eyes, face and headache may be mild to severe. Nasal bleeding and cough is also possible. Symptoms may also include bodyache and fever.

Infection in sinuses can spread to facial bones, eyes, ears, larynx, lungs and brain etc and may cause problems in these organs also.

In chronic sinusitis, the symptoms are same as in acute condition but less severe. In chronic condition foul smell from nose and nasal discharge and dry cough may also be present.

Investigations

Nasal endoscopy, X-ray examination of para nasal sinuses, CT scan and MRI of Para nasal sinuses may be done on the advice of specialist.

Treatment

In acute cases of sinusitis treatment consists of using decongestant nasal drops, analgesics and antibiotics. Patient should take plenty of fluids orally and bed rest. Patient may inhale steam as a self-help measure on advice of doctor.

Chronic sinusitis is often confused with nasal allergy and wrongly treated. Treatment of chronic cases require long term treatment with antibiotics,

nasal drops and antihistaminics. If these treatments fail doctors may advice surgery.

Surgery

Previously, radical surgery was usually done which did not give good results. This may have been the reason behind the saying that chronic sinusitis is very difficult to treat and patient must learn to live with it.

This scenario has changed after the invention of endoscopes for surgery. Now, Functional Endoscopic Sinus Surgery (FESS) is being done with precision and best results under local anaesthesia. It is a functional surgery which really improves sinus functioning.

This surgery is not only used in sinusitis but also in cases of chronic bronchitis, brochiostasis, asthma and respiratory allergy. This surgery is giving very good results and we look forward with new hopes for advancement in the field of ENT surgery.

Herbal Treatment of Sinusitis in Children

Mohammad Ataullah Shareef, and Syed Jaleel Hussain

The paranasal sinuses develop during childhood. At birth the maxillary, ethmoidal and sphenoidal sinuses are present and the frontal sinuses begin to grow shortly after birth as the nasofrontal ducts. The maxillary sinuses grow into the body of the maxilla, occupying the space left as the primary and secondary teeth move towards the alveolar margins. The floor of the antrum is level with the floor of the nasal cavity at about the age of 7 years, and thereafter growth proceeds rapidly until the sinus attains its full size with the eruption of the wisdom teeth. The ethmoidal and sphenoidal sinuses enlarge to form recognizable sinuses between the ages of 4 and 6 years. The frontal sinus develops more slowly, and is not recognized as a sinus until its cupola appears above the level of the roof of the orbit radiographically at about the age of 8 years.

Acute sinusitis may occur in children as a direct extension of an acute rhinitis, but as the opening of the sinuses into the nasal cavity are relatively larger in children, they rarely close to set up the conditions for acute sinusitis.

Acute maxillary sinusitis is uncommon. Acute ethmoidal sinusitis may only show itself

when the infection has spread through the lamina papyracea to cause an orbital cellulitis'. Acute frontal sinusitis may occur in the older child and produce symptoms identical to those in the adult, except that there is more often a visible swelling in the forehead over the affected sinus due to an osteomyelitis' of the frontal bone.

Chronic sinusitis in children is usually confined to the maxillary sinus. Chronic maxillary sinusitis may develop in children who suffer from repeated head colds and in whom drainage of the infected mucopus septum, or by enlargement of the conchae from nasal allergy. The symptoms are persistent nasal catarrh of a mucopurulent character, frequent, protracted head colds and nasal stuffiness. The repeated upper respiratory tract infections may cause recurrent bronchitis, bronchiectasis or pneumonia, and children with mucoviscidosis are generally considered to be prone to sinus infection.

Unani Concept of Disease

Inflammation of the mucus membrane of the nasal cavities which causes nasal discharge (Hippocrate 460-BC). According

to Samar Qandi and Nafesi, it is a condition in which the matter or substance comes down towards the Larynx. The effects of cold to the skin causing constriction of the capillaries and thus the blood enters the internal organs causing congestion of the nasal mucus membrane resulting into nazlehaad. The causative factors "Har Kharigi" and "Har Dakhali", External and internal due to Sue-e-mizaj har mostly due to hot climate and Barid Khariji mostly due to Sue-e-mizaj barid coldness of brain due to external causes such as cold climate and excess use of cold food stuffs resulting in hardness of the skin of the skull and constriction of vessels, leads to accumulation of the humours. The symptoms are classified according to the domination of Khilt.

Clinical Symptoms

The general symptoms are headache, bodyache, malaise, pain in the eyes, sneezing, nasal discharge, sometimes the inflammation of nasal mucus and also invades the ear and eyes through nasal passage resulting in cough, earache and lacrimation etc.

Diagnosis

Examination of the nose shows mucopus either in the floor of the nasal cavity or in the

middle meatus. The mucosa of the inferior corcha may be congested and swollen. In children with an underlying allergy there is often a small swollen area in the floor of the nose opposite the anterior end of the inferior corcha.

Radiography should be carried out in all the children suspected of sinus infection, and a lateral view to show the nasopharynx should always be requested. The films may be misleading. Many children are incapable of clearing their noses by blowing and the nasal secretions which remain in the nasal cavities combined with the swelling of the mucous membrane result in a lack of air entry into the sinuses. This may give a false impression of sinus opacity on the radiography and it requires expert radiologist to read the film accurately. The opacity from infection is much more dense, while a fluid level in a sinus is diagnostic of infection. Thickening of the mucus lining of the maxillary sinuses may be due to allergic oedema or to a chronic infection of the sinuses.

A solitary polypoid swelling in the floor of the maxillary sinus may be due either to nasal allergy or a cyst within the sinus.

Diagnostic proof puncture is performed on these children who show radiographic evidence of sinus disease. This should be an aspiration proof puncture, and not an antral wash out because the latter will expel not only the antrol

contents but also those of the nasal cavities into the receiver and this may give a false impression of sinus infection. If mucopus is obtained on aspiration of the maxillary sinus, it can only have come from the sinus, and should be sent for bacteriologist culture and sensitivity test.

Treatment

Ustukhudoos (Lavendula Stoechas Linn) an aromatic herb, belongs to the family, Labitae; with hot and Dry temperament, is said to be a drug of choice in Sinusitis and other nervous diseases. It has the properties like Muqavvi-e-Dimagh (Brain Tonic), Mulattif (demulcent), Mufatteh (deobstruent), Mane-e-ufoonat (antiseptic), Mushil-e-balgham (ptilegonagogue), Mohallil (resolvent), Munaqi-e-Fuzlat-e-Dimagh (expell brain crudities and clarify), Munaffis-e-balgham (Expectorant), Muqavvi-o-Muharrik-e-Assab (stimulant and nervine tonic) and Kasir-e-Raiyah (carminative) etc.

Ustukhudoos : One gram fine powder to be mixed with honey and taken twice a day after meals.

Ustukhudoos : 3 gram, 100 ml decoction to be prepared add 10 gram honey. To be used in early morning on empty stomach.

Ustukhudoos filfil-e-Siyah Take 1 gram or 7 in numbers powder mix with honey and use twice a day after meals.

Intrifal-e-Ustukhudoos (compound medicine) to be taken 3 gram twice a day.

Sharbat-e-Nazla (or) Joshina **Tiryag-e-Azam** (for inhalation) A compound medicine consisting of three drugs i.e. Satte Kafoor, Satte-Ajwain and Satte pudeena. Add 2-3 drops of this medicine in one cup of tea-twice a day.

The dose of the above mentioned drugs may be adjusted according to the age and severity of disease.

Duration of Treatment : Minimum duration of treatment is 15 days and maximum 30 days.

Restrictions and Recommendations

During the course of treatment avoid all cold dietary articles including ice cool water.

During winter season head should be covered by woollen cap just to prevent the cold exposure.

Air condition rooms and air coolers should be avoided.

Steam inhalation is very useful in adults, and not recommended in children below 5 years of age. If necessary it may be given to above 10 years age very carefully.

Hot bath, tea and coffee is recommended.

Central Research Institute of Unani Medicine, Erragudda. Hyderabad-500038 (Under C.C.R.U.M. New Delhi)

Neti: Infalliable in Diseases of ENT

Neti is one of the six cleansing actions of Yoga. It is used for the removal of scum and phlegm collected in the two nostrils and limbs connected with them. Regular practice of Neti makes those limbs clean and consequently they function normally. Shedding light on the benefits of Neti it has been mentioned in Hathyoga Pradipika that-

Kapal- shodhini chaiva divyadrishhti-pradayani.

Jatroordhva- rogodya netirashu nihanti cha. to wit, Neti cleanses the skull and fast cures all the diseases occurring in the limbs above the clavicle bone such as nose, ears, eyes, mouth and brain.

Kinds of Neti

Mainly there are two kinds of Neti i.e. Jal Neti and Sutra Neti. The former is done with water and the latter with a thread. Drinking water through nose known as Nasapan is also a form of Jal Neti. Jal Neti is comparatively easier and hence should be practiced first.

Jal Neti

Following apparatus is required for Jal Neti:

A small tumbler made of copper, brass or stainless steel, equipped with a snout and capacity quarter to half litre. Now-a-days plastic Neti pots are available which are cheap, light and easy to handle.

A large cup or mug to keep

hot water. The temperature of water should be same as body temperature. A little of salt, preferably rock salt. One towel.

Method- Add one spoon of salt to the lukewarm water in the mug which should twice fill the Neti pot. Dissolve the salt thoroughly in the water. The ratio of water to salt should be 100ml: 1gm. Fill the Neti pot with the lukewarm salty water. Sit in squatting position called Utkatasana. Hold the Neti pot in the right hand and attach the snout the right nostril. Bend the head slightly towards the left and forwards. Lift the Neti pot so that the water automatically starts flowing towards the nostril. Keep the mouth open. Breathe through the mouth only. The water will come out of the other nostril on its own. This function will occur automatically provided the inclination of the head and the Neti pot is maintained correctly.



Jal Neti



Dr. Anand Prakash Achal

A little of practice enables you to perform Neti smoothly.

Fill the Neti pot again and repeat the process with the left nostril.

Your Attention Please:

While performing Neti keep your mouth open. Thus breathing through mouth will be automatic. Do not try wilfully to draw air in through mouth. Otherwise the water instead of coming out through the other nostril will come into the mouth. This may block the throat.

Sometimes the water instead of coming out through the other nostril comes out drop by drop by the same nostril. In such a contingency tilt your neck a little more on the other side. As soon as the head comes into a perfect position water will start coming out through the other nostril.

Sometimes the water instead of coming out through the other nostril comes into the throat. This occurs when the neck is tilted backwards or is not tilted forwards to the extent it should be.

After performing Neti expel the water remaining in the nostrils. For this stand upright and then bend slightly forwards. Close the right nostril with your right thumb or forefinger and blow out from the left nostril. Repeat this action 4-5 times. Next close the left nostril with the left thumb or finger and blow out from the right nostril vigorously 4-5 times. This will clear up both the nostrils. If the water remaining in the nostrils is not removed thus then it may cause headache.

In order to derive full benefits of Jal Neti perform dead posture for some time to give complete rest to the body and mind.

Those who are victims of sinusitis should drop out 2-3 potfulls of water through each nostrils daily. This will expel all the liquid matter collected in the nasal cavities and the disease will vanish.

Jal Neti may be performed by all above six years of age. The optimum time is before or after the bath in the morning. However, it may be performed at any time according to facility.

Generally Neti should be performed once a week to maintain health. However, it may be performed daily and even twice a day in conditions of sickness as per need.

Those who suffer from chronic epistaxis or who have had sinus punctured within a year or who have been operated upon in the tympani should refrain from performing Neti as otherwise the water entering the nose may block the cavities and



Sutra Neti

create headache or enter the tympani and create uneasiness. Such people can perform catheter-Neti on doctor's advice.

Sutra-Netri

Sutra-Neti is performed with the thick thread spun over the spinning-wheel. These threads are prepared by twisting together 9 to 55 threads of about 55 cm length each. Thus Sutra-Netis of various thickness are prepared. The thread is selected according to the size of the nasal cavity of the individual. At one end these threads are twisted fine upto 16 cm of length and the thread is inserted from this end only.

Method

Sit in Utkatasana, squatting posture or any other comfortable posture. Hold the finely twisted end with the fingers of right hand and slowly insert in the right nostril. Hold the other end with the left hand. Initially there may be some difficulty due to lack of practice. During the initial stages of practice a thin layer of wax or ghee may be applied to the inserting end. This will facilitate the insertion.

In the beginning insert only as much, as you can easily. Slowly increase the length of insertion. Some may feel irritation or burning. This should not deter you. Keep on practicing. Slowly these sensations will vanish.

When the end inserted in the nose has reached the throat then insert three fingers of right hand into the mouth and slowly bring out the end that has reached the throat with the thumb and forefinger or forefinger and middle finger. Now slowly move the Sutra in and out by holding each end with separate hands. By this the scum and phlegm collected in the nostrils will turn out and the nostrils will become cleansed. Next repeat this function with the left nostril.

Several Yoga-centres now use rubber catheters instead of Sutra-Netis due to the easy availability and facility of the former. The rubber-catheters are of different numbers graded according to their thickness. One end of these too are thin and pointed and are inserted into the nose through them. The rest process is almost same as Sutra-Neti. Beginners feel much comfort with these. However, rubber catheters are not as effective cleansers as Sutra-Neti.

Certain points to be taken care of

- Begin the practice of Neti with thin Netis. Slowly increase their thickness.
- Usually the practice of Jal Neti makes the performance of Sutra-Neti easy. However,

if any sort of obstruction is felt in the nose and Jal-Neti is not performed successfully then it should be begun with Sutra Neti. After the nasal cavities are cleansed with threads water will easily enter them.

- In certain cases even rubber catheters do not easily enter the nasal cavities. Upon applying force the tube bends inside. In such conditions take out the tube and try again. Now close the other nostril. Inhale and exhale through the nostril wherein catheter is inserted. The catheter will rise up during the inhalation. Just then if the tube is twisted slightly and pushed up then it will easily reach the throat.
- Mind that while performing Neti your nails must be cut and clean. The mucuous membrane inside the throat happens to be too delicate and sensitive. A slight cut with the nail may bring out the blood. Dirt may cause infection.
- Rarely a trace of blood may be found in the catheter. It occurs only when there may be a clot or wound in the nose.
- Dead pose must be practiced for some time after the Neti. Only then full benefits of Neti may be obtained.
- After the use the Netis must be boiled in water cleaned and kept safely.

Ushahpan or Nasal Drinking

Drinking water at dawn through the nostrils is called

Ushahpan. It is also a form of Neti. It is widely practiced in India since time immemorial. It has been highly advocated by Ayurveda. It is believed to be especially useful in keeping the head and brain cool and keep the eyesight in the best condition.

Method

Before performing it clean the nostrils. The glass should be filled up to the brim. Its upper end should be kept just below the nostrils. Slowly inhale through mouth. Within seconds you will feel the water in the throat. Now lift the glass up and go on drinking the water.

In the beginning even this may be slightly tedious but within a few days it will become easy. Remember that while nasal drinking do not breathe vigorously, otherwise the water may go up.

Benefits of Neti

Nasal cavities are the routes of oxygen into the body. These may also be called the portals of brain. Accumulation of scum, putrefaction or any infection in these vitiates the oxygen entering the body. This vitiated oxygen pollutes the limbs wherever it goes. Thus the blood gets polluted. This breeds various diseases. It also adversely affects the general health.

At the base of nasal cavities, where they meet, it is believed that the Ida, Pingala and Sushumna Nadis meet. Accumulation of even a little phlegm at this point renders the breathing difficult. In such an

eventuality one tends to breathe orally. Oral breathing is always harmful because it degenerates the vitality.

Nasal cavities are also deeply related to the mind. Greater the disturbance and tension of the individual more abnormal the breathing process and greater the sensitivity of the mucous membrane inside the nasal cavities. Such people fall prey to various allergic diseases of nose.

Neti directly affects the nasal cavities, throat and brain. Neti not only cleanses these limbs but the friction of the Jal Neti or rubber catheter massages these limbs thoroughly. As because these actions are done voluntarily the supersensitivity of the mucuous membranes of nose is reduced. Consequently the nose becomes capable of tolerating harmless smells. It helps in allergic diseases of nose viz. cold, coryza, influenza, pneumonia, yellow fever, sinusities, asthma etc. Headache is cured. Eyesight is improved. Inhalation and exhalation become normal. Peace of mind is achieved. Memory increases. Neti not only cures the diseases of nose, ear, eyes and throat but normalisation of breathing and supply of sufficient oxygen to the body improves the sickly condition of other systems of the body too. The general health is improved. Moreover, the practice of breath control acts as fragrance in the gold.

**Dharma Sabha Road
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Management of Common ENT Disorders

The causes and simple management of ENT diseases are being given herebelow :

Tonsillitis : When the glands situated at the sides of the far end of the tongue swell to the size of an areca nut, look red and are warm to touch, one experiences pain in opening his mouth and swallowing the food due to this, then the ailment is often tonsillitis.

Main Causes

The sickness is due to having caught cold and cough. The disease mostly attacks in the age group of 10-30. Constipation aggravates the disease. Children who live in crowded places and study in closed rooms get attacked by this disease in winter. Impure milk, foul air and excessive use of sour things can also lead to tonsillitis.

Identification of Disease

The disease causes pain in the throat and ears as well. There may be fever of 100-102° during nights. Lack of hunger, pain in the bones, constipation, slackness in limbs, dark colour of urine, redness in the affected part inside the throat, hoarseness, headache, tortured breathing etc. identify the disease easily. In the advanced stage the affected part ripens and the patient has utmost difficulty in swallowing the food.

Management : Foment the throat externally with hot water

in a rubber bag. Prepare a decoction of Babool bark, dissolve a little of rock salt in it and gargle. This provides fast relief and ends the inflammation. Chew two pills of Khadiradi Vati 4-5 times in a day. This treatment cures the inflammation, wound, redness etc and clears the throat.

Kanthpiyoosh : Take 12 gm each of cashewnut, Jayaphal, Chhoti peepar, parched borax and rock salt. Finely powder them all and boil with 240 ml water, till reduced to 60 ml, filter and again boil it till thickens. Then add 60 gm honey and store in a glass bottle. Apply this over the tonsils. This is the most useful medicine for all diseases of the mouth.

Wholesome Diet : Moong Dal, Kulthi, flesh soup, fenugreek, parval, bottle gourd & radish are wholesome. Take Harad or Triphala powder with water in the night so that constipation is precluded.

Unwholesome Diet : Siesta, curd, hard, rough and heavy eatables, sour edibles sugarcane juice etc.

Epistaxis : Bleeding through noses is called epistaxis. According to Ayurveda epistaxis occurs to young during the summer. Apart from this, it occurs to those who remain exposed to sunshine or fire for long hours, who have high blood pressure, who are habitual scrapers of nostrils or have head injury or injury to the



Vaidya Braj Bihari Mishra

nose, or have chronic coryza, colic fever etc.

Premonitory Symptoms : Epistaxis is preceded by giddiness, headache or brow ache etc. and thereafter, bleeding starts through one or both the nostrils.

Management : Wash the face with cold water first and drench the head as well. Infuse cold water in the nostrils and tell the patient to inhale it. Take care that he does not sneeze. Infuse Doorva (garden grass) juice in the nostrils. and give it to inhale again and again. Infuse 5-5 drops of Anu Taila in the nostrils. Take one gm powdered latex of Peepal with milk in the morning and at night. Alternatively, one spoon full juice of Adhatoda (Vasaca) leaves may be given with honey in the mornings and noons. Vasavaleha with milk, thrice a day also stops the nasal bleeding.

Wholesome & Unwholesome Food : Hot and spicy things should not be given to the patient. Grapes, white gourd, moong dal, wheat-

porridge, old rice, cow's milk, butter etc. are healthsome. The patient should not be exposed to the sun and should avoid tension and manual labour. The blood pressure should be kept under control. It is harmful to keep late hours at nights.

Tinnitus aurium

Causes : Due to the rush of fast air into the ears during air trips, hearing of loud sounds use of very hot and wind-forming substances, overuse of garlic, onion, cauliflower, brinjal, lentil pulse etc., not properly cleansing the ears, water in ears, too much scraping of ears, accumulation of dust and soil in the ears, excessive drinking, speaking at a high pitch, excessive intercourse or walking in the sunshine bareheaded makes the Vayu inside the ear pathologic and creates whistling or flute-like sound in the ears. This is called *Tinnitus aurium*. If not treated on time, it can lead to deafness.

Management

Take 2 pills of Sarivadi Vati with warm milk or water in the morning and at night. Sarivadi Vati is a cure of many diseases of ear. It cures tinnitus, running ears, hard hearing etc. If the ears aching or there is tinnitus due to heat in brain or distortion of Vata-vahinis, these pills will cure them.

Bilwa Tail : Infusion of oil two or three times cures earache, tinnitus, deafness etc.

**280, Ramnagar Colony
Aishbagh, Lucknow**

Miniere's disease

Miniere's disease is a disorder of the inner ear defined by a sensation of whirling motion, or vertigo; ringing in the ear, called tinnitus; and fluctuating hearing loss, there may be a sense of fullness or pressure in the ear. Problems are often the result of a watery fluid buildup, or hydrops, in the inner ear.

There are two types of fluids in the ear : similar to fluid found inside the cells, and the fluid, which resembles spinal fluid. The leading Meniere's theory suggests that a membrane in the middle ear ruptures and the two fluids mix.

This provokes the release of toxic chemicals causing damage to the hearing and sensory nerves. This, results in a sudden attack of vertigo and, hearing loss. When the rupture heals and the toxins are flushed out of the area, the symptoms subside. But left untreated, the symptoms often recur.

Although the natural progression of Miniere's disease vires, the condition will always cause progressive hearing loss. Even so, most people continue to be able to hear speech and will not go totally deaf. Generally vertigo attacks stop after five to seven years. Once Miniere's disease affects one ear, there is about a 50 per cent chance of it developing in the other ear. Vertigo can be the most disabling. It typically lasts from 20 minutes to several hours but occasionally can last upto 24 hours.

The most widely used treatment is a low-salt diet combined with diuretics. This, along with other medical therapies such as vasodilators, vasoconstrictors or antihistamines, are based on the notion that they can alter the fluid balance in the inner ear. Since this diet allows less than two gram of salt a day a patient must work with a nutritionist to learn how to eat accordingly.

There are more than 20 surgical procedures that can be grouped three ways; surgeries that drain the fluid in the middle ear; procedures that surgically or chemically disable the hearing sense organs; and surgery that severs the eighth cranial nerve, which carries messages to the brain from the ear. The survey may often result in permanent deafness in the treated ear.

If someone has vertigo or hearing loss, they should go to an otolaryngologist to be properly checked up.



Saraswati - Good morning Granny!

Granny - Be happy darling, Where are you going so early in the morning to-day.

Saraswati - I was coming to see you. Now-a-days bleeding through the nose, running ears and throat disorders have become too common. One or the other is sure to be sick. So please tell me the cure of these ailments.

Granny - O.K., open up your note book and scribe :

Nose Bleeding : Children eat raw mangoes with gusto. Children who eat plenty of raw mangoes and grown - ups who consume chutney of raw mangoes fall prey to epistaxis. Those who have the disease called Raktapitta in Ayurveda, bleed through nose, mouth and rectum. In all such cases ice should be kept over the head or cold water should be poured over the head for 15-20 minutes. Moreover the patient should swallow a gram-sized piece of pure camphor. This stops the bleeding. Bleeding can also be stopped by drinking water in which Khus grass has been soaked for 12 hours.

Indigenous Therapy in ENT

Problems of Ear : Many people have running ears right from the early childhood. Some people's ears start running on the slightest pretext such as entrance of water, pricking the ears with a wick and so on. Its infallible cure is as follows :

Squeeze a lemon in a cup. First pour some Samudraphen powder into the ears and then infuse lemon juice drops over it. Lather will come up from within the ears which should be removed with cotton. After the ears have become dry infuse garlic oil and insert cotton to prevent its running out. This treatment cures the problem in one week.

Garlic Oil - Peel and grind 100 gm garlic with water. Mix 100 ml. mustard oil with the ground garlic and heat over a mild fire. After it has been cooked get it down from fire, cool, filter and fill in a phial and add 5 gm powdered camphor which will dissolve in the oil. This oil is very useful in aching ears.

Throat Disorders : The main throat disorder is tonsillitis or swelling of the fleshy parts on both sides of the throat. This



Vd. Badloo Ram Rasik

causes difficulty in speaking and also in swallowing. This is a common problem. This problem occurs due to overeating of sour things like vinegar, pickles etc. It may occur after the consumption of too cold water or too sour curd.

To cure this take 20 leaves of mulberry or alternatively Kachnar, wash and boil with half litre of water and a little spoonful of rock salt powder. When a quarter of water is left and the rest has evaporated take down and filter. Gargle with this water in the mornings and evenings. This will cure the disease in two or three days at the most.

Have 10 gm Kayaphal (wild nut meg) bark from the grocer, finely powder and boil with half litre of water. When a quarter remains take down, cool and filter and use the water for gargling. This will cure the problem within a couple of days.

Saraswati - I have noted down all medicines. Now I must take your leave. Good-bye.

**Near Dugawan Police Post
Rajendranagar, Lucknow**

Impaired Hearing

Dr. Anup Kumar, Lucknow

Hearing is essential for the development of normal speech and language of an individual. A child with normal hearing learns to speak by listening to the speech and language of others. Loss of hearing in any stage has disastrous effects on the development of a child. His education, social skills and communication are affected due to loss of hearing.

Hearing-impaired are invisible handicaps as apparently they are quite normal. Its detection poses a great challenge. Early detection of hearing loss is very important for toning up normal development and speech.

Types of Hearing Impairment

Hearing impairment can be congenital or acquired. It may be partial or total, unilateral (one ear) or bilateral (both ears), temporary or permanent. It can be classified into five types.

Conductive Hearing Loss: It is due to defect in the outer or middle ear. The sound is not conducted efficiently to the inner ear. All sounds heard thus become weak or muffled. The reasons for the conductive hearing loss are:

- wax in the external ear,
- infection of the ear,

- foreign bodies,
- injury and congenital defects in outer or middle ear,
- upper respiratory tract infection,

Timely help and treatment by the family doctor prevents the conductive hearing loss from becoming permanent.

Sensorineural Hearing Loss: This type of hearing loss is due to damage or a disease of the inner or auditory nerve. It could also result as an after effect of infectious diseases-like measles, mumps, meningitis and T.B. Some of the conditions that may cause sensorineural hearing loss are:

- hereditary childhood deafness,
- ABO/RH incompatibility,
- premature births,
- asphyxia at births,
- material viral infections in pregnancy,
- exposure to X-ray in first trimester of pregnancy,
- ototoxic drugs and
- acoustic neuroma.

In this type of loss, sounds are distorted or may be heard incorrectly and such individuals speak very loudly.

Mixed Hearing Loss: As the name is indicative of itself, it is the combination of conductive and sensorineural hearing loss. The main reasons for this type of loss is Chronic Suppurative Otitis Media (CSOM). In CSOM,

ear discharge as of pus, blood or water is seen. This starts with conductive loss yielding to sensorineural impairment, if not treated immediately and regularly.

Central Hearing Loss: Central hearing loss is due to a damage, malformation or infection of the pathways and the hearing centres in the brain. The child may hear but has difficulty in understanding what he hears.

Functional Hearing Loss: This hearing loss is due to some psychogenic condition or may be due to deliberate exaggeration of hearing for personal gains.

Treatment : For treatment of middle and outer ear problems drugs and surgery are useful. For ear discharge, regular and longterm treatment is necessary to stop it completely.

Hearing aid fittings, speech and language stimulation, training to use the residual hearing, speech reading, selecting an appropriate educational programme are the methods of treatment for irreversible or sensorineural hearing impairment. It is advised that the hearing impairment is identified as early as possible in the childhood for its treatment.

Testing for Hearing impairment:

Methods employed for verifying the hearing handicap are high risk history and informal hearing screening.

High risk history includes hereditary childhood deafness, RH/ABO incompatibility, consanguinous marriage, rashes with fever, asphyxia, hyperbilirubinemia, congenital defects of ear, nose, throat and head.

If there is a presence of any one of the above mentioned conditions then watch the child's auditory development closely.

Informal hearing screening consists of production of different types of sound's repeatedly and noting the child's reaction.

A child above 3-4 years can be screened by employing the scratch test. In this test a card is placed on the child's right ear and scratched with the finger continuously. The child is instructed to ignore the scratching sound and respond only when he hears the hissing of s___s___sh___sh___ by raising his fingers. The scratching on the card helps to mask the right ear and test the left. Present s___sh___ sound softly three times each, respectively. Repeat the same procedure in left ear. The child has to respond all the stimuli in both the ears, only then child is said to have passed the test.

If a child is found to be hearing impaired then he should be thoroughly examined

by an ENT specialist doctor who will get the audiometry of the child to confirm the degree of loss of hearing in both the ears.

Finally, a machine called Hearing aid will be recommended for the child which should be put to use immediately.

Hearing Aid Working

A hearing aid is an instrument which amplifies sound signals. A battery supplies the power, a tiny loudspeaker known as receiver changes the amplified electrical signals back to the sound waves and directs them to the ear drawn through the ear mould fitted in the ear canal. The hearing aid has a volume control which is adjusted by the wearer.

In older days contraptions of two bugles or funnels joined by a tube in between were used as hearing aids. It was Graham Bell, the inventor of the telephone, who modified the receiver to suit his deaf wife.

The first commercial hearing aid was marketed in America in 1898. Today's battery operated hearing aid was brought in 1948 which still rests on Bell's principle.

Types of Hearing Aids:

1. Pocket type: This is the most common type of hearing aid in use. It is clipped in wearer's pocket and its receiver is attached to the wire cord coming out from the pocket and is placed inside the ear canal through an ear mould. This aid works on a pen-light battery. The price ranges from Rs. 1,000

to 3,000 depending upon the power of machine.

2. Behind the Ear Type:

This aid consists of a curved plastic casting which is placed behind the ear. A transparent plastic tube circles the tip of ear. A tiny nipple connects the other end of the tube and is placed in the ear canal. It works on a button cell battery. The price of behind the ear-type ranges from Rs.4,000 to Rs.7,000.

3. Spectacle type: In this type of hearing aid, the circuit is placed in the arm of the frame. It has restricted amplification. Plain or numbered glasses can be fitted in the spectacles. It works on tiny battery cells. Price of in-the-canal type of hearing aid ranges from Rs. 7,000 to Rs. 13,000.

Before going for the purchase of hearing-aid a thorough examination of ear, nose and throat by specialist is needed. The extent of loss of hearing be tested by audiogram. The audiogram will reveal the degree of impairment in each ear which in turn helps in choosing right hearing-aid. It must be remembered that a wrong aid can do more harm than good. Society has accepted the spectacles for vision but ridiculed the hearing-aid but it may be emphasised by the specialists that hearing aid use is not the disease but it is a cure that is visible.

**25/54 Indira Nagar
Lucknow**

Sound Pollution and Diseases of Ear

Problems due to air, water and soil pollution are on the increase. Endless noise is also a form of pollution. Sound pollution is a slow health hazard whose immediate effects may not be perceived but after a long duration a person can lose its hearing capacity.

Noble award winner Robert Kant has warned against this danger nearly 70 years ago. He told that one day human generation will find it the biggest enemy. Besides loss of hearing capacity some other physical and mental problems may happen due to sound pollution such as mental tension, irritation, heart disease and diseases of digestive system. Sound pollution even affects the womb.

Deafness Due to Sound Pollution

Sound is produced due to vibration which moves in the form of high pressure and low pressure waves in atmosphere. When sound becomes high and intolerable, it is called noise. Noise is measured in terms of decibel. Sound below 10 decibel is hardly audible. When its intensity reaches more than 90 decibels it may become harmful while sound at 120 decibel becomes intolerable. Noise at 90 decibels or more produce permanent deafness.

Increased sound intensity may produce nervous problems and diseases of digestive system. Intensity of certain sounds on the decibel scale is :

Sound	Intensity
Heart beat	13
Tick-tick of watch	20
Whisper	30
Inside average urban house	45
Normal conversation	60
Crowded restaurant	70
Traffic at National Highway	80
Yelling	90
Western Music	100
Jet Engine	120
Jet Engine at 100 Feet	130

Social and religious functions and festivals in our country have become a source of sound pollution. We are frequently using loud speakers on these occasions. In western countries legislation has been done to control sound pollution and working hours are also reduced but no such legislation exists in our country.

The persons who work amidst heavy noise must test themselves regularly for hearing ability. Certain instruments have been made for such persons which should be applied to the ears while working.

In India sound pollution in 1995 has increased 20 times

since 1968. It has been observed that hearing capacity of Americans is less in comparison to Africans living in remote areas due to noisy atmosphere in America.

Road transport is top most reason of sound pollution. Since road transport is increasing day by day noise pollution is also on the increase.

Reducing Sound Pollution

Only way to avoid the affects of sound pollution is to keep noise production within the tolerable limit. Effective checking of silencers of road transport is a must. Intensity of horns should also be controlled and pressure horns should be totally banned. Trees are also effective barrier in spreading of noise which should be planted.

Radio, T.V. etc. should be used at low intensity in houses. Workers should be provided with ear phones at the working places with high noise. Besides these steps there is urgent need of legislation in the field of sound pollution.

Ali Yavar Jung National Institute for the Hearing Handicapped : An Introduction

Dr. Anup Kumar, Lucknow

India today has 3.02 million hearing impaired persons. They have their specific problems and needs. To solve their problems, Ali Yavar Jung National Institute of Hearing Handicapped (AYJNIHH) was established on 9th August, 1983, in Bombay. The Institute is under the Ministry of Welfare, Government of India. It has been named in honour of Ex-Governor, Late Ali Yavar Jung in recognition of the service he had rendered in establishing the Institute. It is one of the four apex institutes for the hearing handicapped in India. As an autonomous science and technology institute, it deals with the disabled. It also sets the yard stick for the rehabilitation of the hearing impaired throughout the country. In the past 10 years AYJNIHH has established Regional Centres at New Delhi, Calcutta and Secunderabad. It has also set up centres in Bhubaneshwar in collaboration with the state Governments.

Services Available at AYJNIHH

The Institute provides comprehensive diagnostic and therapeutic services to the hearing handicapped with the help of professionals drawn

from various disciplines, like audiology, education, ENT, speech and language, pathology, psychology, social work, electronics, paediatrics and neurology.

AYJNIHH possesses equipments such as clinical audiometers, sonograph, impedance bridges, digital visipitch and brainstem evoked response audiometer which are used for diagnostic and therapeutic purposes as well as in research.

Facilities Provided

The facilities that AYJNIHH provides to its clients are : hearing evaluation, hearing aid repairs, speech and language therapy, educational intervention, psychotherapy, play therapy, parental counselling and guidance, paediatric evaluation and neurological evaluation.

Under the extension programme, the Institute has established the school for deaf in various parts of Bombay in collaboration with voluntary agencies.

A library containing classic publications in the field of hearing impairment and related disciplines has been set up which will come up as a national reference and resource centre

in the field of hearing impairment.

Besides, the Institute is engaged in the production of pamphlets, posters, hand-outs, manuals, audio-visuals and films. The Institute has also produced a promotional film, 'Suniye' written and directed by Gulzar, dealing with the hearing handicapped.

Training Courses

AYJNIHH holds the following courses and trainings of specialized professionals:

- Bachelors degree in education of the hearing impaired.
- Bachelors degree in audiology and speech pathology.
- Certificate course for junior educators.
- Certificate course in communication disorders.

Apart from above mentioned in-depth training programmes short term programmes are also conducted to acquaint and refresh.

Professionals

- Refresher courses for speech and hearing professionals.
- Refresher courses for the educators of the deaf.

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Vani Vikas Kendra



Vani Vikas Kendra, situated near Sangam Chauraha, Aliganj, Lucknow; is dedicated towards the Especialised education of Deaf & Dumb children. Dr. Anoop Kumar has taken interview of its Principal Dr. Manju Singh in which she described the aims and ambitions behind establishing such institution :

Que : What are the aims of your institution ? When was it established ?

Ans : Deaf and Dumb children are trained in speaking, reading and writing at Vani Vikas Kendra. This institution was established in 1988. At the time of starting only 5 students were there, now we have 60 students.

Que : Why you started this school instead of a normal school for ordinary children ?

Ans : I have taught deaf children for 5 years in another institution 'Vani Prada', where I earned and gained experience in teaching these children.

Que : Whether you repented your action at any moment ?

Ans : I have taken this task as a challenge. Sometimes my colleagues become hopeless and thought that these children will not learn. I was always

hopeful and observed that many children were learning a lot and their parents were also happy. I gained confidence that these disabled children can also learn like normal children.

Que : What is the ideal age for enrolment of a hearing disabled child at school ?

Ans : These children should be sent to school between two and half and three years of age.

Que : What are signs of hearing disabled child and at what age hearing aid should be applied to the child ?

Ans : Hearing disabled child does not behave like normal child as the child does not react to sound and does not stop crying even on listening his mother's voice and does not turn this head in the direction of sound. If these symptoms are present, the child may be

hearing disabled which can be confirmed by tests conducted by a specialist. Hearing aid should be immediately given to child on diagnosing deafness.

Que : It has been observed that children feel irritation on applying hearing aid and remove it. What should be done in this condition ?

Ans. : Initially hearing aid should be applied for 15 minutes duration at an interval. During this time parents should talk with the child and introduce him to various other sounds. Gradually this period should be increased. It must be kept in mind that application of machine increased knowledge of words and language as they listen more and more.

Que : Are deaf children intelligent like normal children?

Ans : Deaf boys are generally

more intelligent than normal boys.

Que : Upto which standard you teach students ? After completing education from your school where these children can continue their education ?

Ans : We teach students upto class eight. After this they can join any school and continue their education with normal students. These children are of normal or high IQ, so they do not face any problem in continuing education.

Que : Is the curriculum for these boys different from normal students ?

Ans : No, curriculum for these students is same like normal schools. We give additional time for development of speaking capacity. Some institutions teach students to show signs while speaking. This method is wrong and inhibits speaking capacity. We neither teach to show signs nor encourage the students to do so. We advice parents also not to use signs while communicating these students.

Que : Are there other schools doing like work as your institution ?

Ans : Yes, another school Vani Prada is also taking this challenge in Lucknow.

Que : Do you know if these deaf children can be treated by medicines.

Ans : According to my knowledge and experience no medicine can cure these children. Some parents has tried to treat their children

through acupuncture but it have not clicked.

Que : What is your advice to parents of deaf children?

Ans : My advice to parents, relatives and neighbours is that they must behave normally with child like any other child and encourage use of hearing aid.

Parents, Family members and teachers of these students must be patient and encourage while talking with children. If these children get cooperation and encouragement. They will develop like any other child.

Growing Urbanisation May Cause Infectious Diseases

Increasing urbanisation, particularly in the developing countries, will have serious implications for the spread of many infectious diseases including AIDS. Acute respiratory infections, tuberculosis and other airborne infections are a major source of death and ill-health in rural and urban areas in the developing world, says the recently released "The State of World Population" report of the United Nations Populations Fund (UNFPA).

These diseases tend to be more prevalent in urban areas, with the highest incidence occurring in the poorest, most-crowded localities. The emergence of diseases of the immune system, particularly HIV/AIDS, has increased the prevalence of tuberculosis, the report adds. Emerging viruses like haemorrhagic fever have been implicated in infections and deaths in a variety of locations around the world, says the report.

Most of these viruses have been around for a long time, perhaps million of years, in animal populations. Changing environmental conditions have allowed them to multiply and spread. The emerging viruses are only the most dramatic example of rural diseases establishing themselves in urban areas. Urban environments, particularly in poorer sections of cities without proper water, sanitation and solid waste services, are hosts to rats, mice and insect carriers of disease. Common and harmless bacteria can become dangerous when antibiotic strains develop and spread by exposure to waste and by the unsanitary preparation and storage of food, the UNFPA report observes.

Do's and Don'ts in Diseases of Nose, Mouth & Ear

Vd. (Sou) Madhuri M. Prabhu Desai, Sindhudurg, Maharashtra

Disease of Nose

Do's

Diet : Old Sattu, Old rice, Soup of Kulthi & Moong, Brinjal, Parval, bitter gourd, drumstick, Garlic, tender radish, Goat, mutton, wild animals, Curd, Hot water, wines, Trikatu powder, pungent, sour, salt, warm light food.

Behaviour : Oilation of ears, drinking of oil, using hair oil.

Don'ts

Diet : Liquid things

Behaviour : Bathing the head, anger, sleeping over the floor, withholding the urges of urination,

defaecation, farting, vomiting, change of climate, walking bare head in the sun, excess of intercourse, exposure to gusts of wind, speaking at a high pitch, excess of sleep, walking at nights, drinking too much of water.

Diseases of Mouth

Do's

Diet : Wild grains that grow with out being cultivated, Moong, Kulth, Fenugreek, bitter gourd, Tender radish, Wild animal meat, Ghee, Camphor, Khus, betal leaves, hot water, Ghee pungent and bitter things

Behaviour : Sweating, Vomiting, pungation, gargling, massage with medicines, blooletting, snuffing, smoking surgery, cauterisation (only through an adept physician).

Don'ts

Diet : Urad, Fish and other aquatic animals, milk, curd, Coarse rough and heavy stuff, secretion, promoting food, sour things.

Behaviour : Using tooth-stick, bathing day-sleeping sleeping face down.

Do's and Don'ts in Ear Diseases

Do's

Diet : Wheat, rice, barley, Moong, Parval, drum-stick, bringjal, bitter gourd, Bater, peacock, Teetar, Wild cock, Old ghee

Behaviour : Controlled intercourse, Sweating, vomiting purgation, Snoughing, smoking, blood-letting as directed by an adept vaidya kapha-aggravating, heavy things.

Don'ts

Diet : Kapha increasing and heavy food stuffs.

Behaviour : Using stick to brush teeth. Bathing the head, overexercise, pricking the ear, strolling in dew, cold or ice, swimming etc.

Contd. from page 50

- Short term programmes in ear-mould making and hearing aid repairs.
 - Orientation programmes for ENT specialists.
- The Institute has a wide range of activities planned for the years to come. These include:
- Development of an acceptable and appropriate Indian sign language.
 - Vocational Training workshop.
 - Recreational centre for adolescent and adult hearing impaired persons.
 - Starting long-term and short-term courses in communication disorders.
 - Genetic counselling.
 - Sign language and interpretation.
 - Starting M.Sc. and M.E d. courses.

K. C. Marg, Bandra

Reclamation (W)

Bombay - 400 050

Tel : 6400251, 6400228

Medical Values of Thorn-apple

Mr. Umesh Pandey, Indore

Datura is a common herb which occurs all over India. It is a biennial herb with erect, herbaceous stem & simple broader leaves. It is 2 to 3 feet in height. Flowers are large & pentamerous. Fruits are round capsular having tender spines on the surface.

Language-wise Names

It is called 'Dhatura' in Hindi, Gujarati & Punjabi, 'Dhotura' in Assamese, 'Dhutra' in Bengali, 'Dattura' in Kannad, 'Umman' in Malayalam, 'Dhotra' in Marathi, 'Dudura' in Oriya, 'Oommathi' in Tamil, 'Thorn apple' in English & in Latin it is called "*Datura metel*" or "*Datura fastuosa*".

It belongs to the family solanaceae of the plant kingdom. Fruits are used for worshipping the God Shiva. Seeds are used to increase the narcotic power of "Bhang".

Medicinal Properties

This herb has a large

number of medicinal uses. Few of them, are being described here. Fruits are used as medicine.

Smoking dry leaves of Datura provides relief in asthma.

In dog or monkey bites, paste the leaves of Datura applied continuously for a week, preclude 'hydrophobia'.

The ash prepared by burning dried leaves, twigs, fruits, flowers & roots (i.e. the complete plant), mixed with coconut oil when applied over head abolishes lice & dandruff. The same ash may be applied with cow-urine or mustard oil to cure the eczema.

In case of any swellings on abdomen, feet or hands, few leaves of Datura are taken & a little of oil is anointed over them. They are then warmed slightly & are tied over the part concerned.

In case of displacement of bones of feet & hands; the leaves are banded in the manner stated above.

Six gm leaves each of

the "Datura", "Thoohar", "Madar", "Adoosa", "Nirgundi", "Bakayan" & "Sahjana" are taken and ground properly. After this they are heated with mustard oil. The cream, obtained as a result of this warming gives relief in rheumatic pain.

Few leaves of Datura are boiled strongly in "Mahua-oil". After boiling the same is filtered. The filtrate massaged, over the effected part is very effective for joint pain.

To cure piles apply the cream obtained by rubbing the root.

All kinds of fever can be cured by taking a pill, called "Aarogyavati". Prepared by Powdering Datura-seeds 30 gms, Revand chini' 20 gm & "Sonth" 10 gm.

The filtered powder is then mixed in a required quantity of water containing dissolved Babool gum. Pills of the size of gram are prepared from the above mixture & dried in shade.

Soapnut

Dr. A. K. Acharya & S. Choudhury

Soapnut is known by many names, such as **Reetha** in Hindi, **Itha** in Oriya, **Phenila** or **Aristak** in Sanskrit and **Soapnut** in English.

Sapindus emarginatus, as it is called according to the botanical nomenclature is a medium to large sized tree growing upto 18 m. in height and 1.5 m in girth. It is common in peninsular India in the open forests at low elevations. It is a good avenue tree and occasionally cultivated.

Though the soapnut tree has multiple utilities it has been grossly neglected due to its wide scattered distribution and ignorance of the people. The Reetha drupe is economically important due to the saponins present in the pericarp and oil in the kernel. Soapnuts are used as a substitute for soap in washing silk, woollen and similar delicate fibres and as shampoo by women. They are utilized by Indian jewellers to enhance the brightness of tarnished ornaments. Soapnuts are used for washing and bleaching cardamoms which improves the colour and flavour of the spice. The saponin from the pericarp is used in the

manufacture of shampoo, germicides and insecticides. The oil from the kernels can be used in the manufacture of soap and the exhausted cake being a rich source of protein may be used as a fertilizer.

Fruits possess emetic, tonic, astringent and anthelmintic properties and used in the treatment of asthma, indigestion, diarrhoea, cholera etc. A thick watery solution of the pulpy mesocarp when introduced into the nose of the patient relieves him from hemicrania and restores his consciousness

during epileptic and hysteric fits. Soapnut finds use in the preparation of certain fungicides and insecticides. Root and bark are employed as a mild expectorant and demulcent.

We find most parts of the soapnut tree can be employed profitably - both for medicinal purposes and for economic gains. Sadly in this mad rush towards industrialization we are striving for synthetic substitutes when nature has already gifted us with such bounties.

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For Beauty and Health : Shoe Flower



Shoe flower is popularly known as **Gudhal** (Hindi), **Japa** (Sanskrit), **Jaba** (Bangla), **Jaba** (Assamese), **Jasunt** (Gujarati), **Dasavala** (Kannad), **Jaswand** (Marathi), **Mandar** (Oriya), **Jia pushpa** (Punjabi), **Sambathuchedi** (Tamil), **Dasani** (Telugu), **Shoe flower** (English) and **Hibiscus rosa-sinensis** (Latin).

Chinarose or Shoe flower is a perennial tree, it occurs mostly in temperate and tropical regions of the world. In India it is found everywhere. Flowers moderately large, beautiful and bright dark red in colour.

The flowers are used in worshipping the Sun God and other deities. It is believed that one can please the Goddess Kali by

offering her seven flowers daily and thereby achieve peace and prosperity through her grace.

The flowers are rich in calcium, phosphorus, iron, vitamin C, riboflavin etc. and are used in medicine. Flowers are used in making shoe polish, hence the name. The plant has several medicinal uses. A few of them have been given here below :-

- One Shoe flower ground into a paste and applied regularly over the hair makes them lustrous.
- Alternatively, 2-3 Shoe flowers boiled in 200 ml coconut oil, filtered with a fine cloth should be used as hair oil regularly.
- To cure stomatitis chew a piece of shoe flower root.
- In cough, take one gm powdered root and enjoy some relief.
- 2 buds of shoe flower fried in pure Ghee and taken with milk cures excessive bleeding during the menses.
- To cure gonorrhoea, take one flower with one



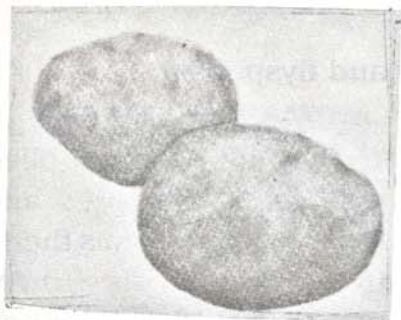
Umesh Pandey

batasha (suger bubble) first day, next day take 2 flowers and 2 batashas and so on, till the fifth day you take five each of flowers and batashas. Subsequently on the sixth day take 4 flowers and 4 batashas and go on reducing the number by one every next day till you arrive at one flower on the ninth day. Thereafter stop taking any.

- Powdered leaves 5 gm. taken with 5 gm sugar consecutively for forty days makes one mentally retentive, muscularly powerful and virile.

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Potato : Energising but Lethargising too



Man needs energy which potato provides in plenty. It contains natural mineral salts and Vitamins A, B and C. The sugar (Carbohydrate) content of potato is not at all harmful.

Language-wise Names

It is called Aloo in **Hindi**, Aluk in **Sanskrit**, Batata in Gujarati and **Marathi**, Batate in **Kannad** and Solanum Tuberosum is Latin.

In Ayurvedic terminology potato is sweet, cold, dry, heavy in digestion and induces lethargy. It is tonic, diuretic and subsides Pitta. However, it does not increase Vata and Kapha.

In earlier times, before the advent of cooking gas, potatoes were parched on coal or Kanda and eaten with rock salt (Sendha namak) and black pepper powder. However, now the practice is to either deep

fry potatoes or to cook them alongwith vegetables like cauliflower, cabbage, brinjal and spinach etc. Potato is also used in the preparation of Sambar and other curries.

People tend to avoid eating potatoes because they fear that this will add to their weight. Doctors usually ask diabetics to give up potatoes totally. Although this may be correct in severe cases, if taken in small quantities they are not harmful. It is true that potato contains a lot of starch, it leads to obesity only if it is taken in excess, specially alongwith a diet rich in sugar and fat.

Potato is a very versatile food. Several tasty dishes could be made with it like **tikki, pakora, paratha, karhi, chips, papad** and so on. Particularly for a developing country like India, the potato is a cheap source of nutrition.

Many people remove the skin before using potatoes but the skin is also very useful and should be consumed and not thrown away. It is sufficient to wash the potatoes thoroughly *before cutting for cooking.*

Some believe that potato causes gas in the stomach. Although potato is not a gas-producing item, if it is consumed in large quantities and not followed by proper exercise then gas may be produced. Similarly, if potatoes are fried alongwith plenty of chillies and spices they may cause problems.

In cases of scurvy, roasted potato or potato soup is very wholesome.

Those who are skinny, lean and rickety are advised to eat baked unskinned potatoes with cream of milk to put on weight and be energetic.

In cases of dry eczema, cut a good piece of potato and rub it lightly over the affected part and continue this treatment for two weeks. This will cure the eczema.

Potato is a tuber which we use everyday in our meals and a variety of dishes. It is very tasty and as such one tends to eat it in excess. However If one eats it alongwith the skin and avoids the excess of potatoes then it creates energy and otherwise creates laziness and disease.

Tamarind i.e. Imli

Tamarind trees are commonly found in almost all states of India except Punjab where it is a rarity. **Imli** is used daily in South India in every house in the preparation of **Rasam, Sambar** etc. In Maharashtra and South India Tamarind trees are found in all directions. Trees are tall 30'-60' high evergreen extensive and thick in foliage. Its circumference happens to be 150-200 feet. The trees bear pods containing the red pulp known as tamarind.

The pods are flat, 6 to 9 inches long and contain dicots too which have a red-black lustrous, slippery skin attached to a hard, white nut. These dicots are popularly known as **Chiyan** in Hindi. **Imli** and **Chiyan** are both used in medicine.

The tree bears flowers during the spring season (March to May) and fruits show up in Hemanta. The tree lives upto the age of 80 years.

Languagewise Names

Hindi - Imli, **Sanskrit-**

Amlika, Chinchā; **Marathi** - Chintch; **Gujarati** - Ambli; **Bangla** - Tetuli; **Tamil** - Ambilam; **Kannada** - Hunase hannoo; **Telugu** - Chint; **Malayalam** - Kolapuli; **English** - Tamarind; **Latin** - Tamarindus indica Linn.

Chemical Composition

The pulp contains Tartaric acid 5% Citric acid, Malic acid, Acetic acid, Potassium bitartrate 8% and sugar 25-40 per cent. The dicot contains albumenoid, fat, fibre, Phosphorus and Nitrogen in traces.

Ayurvedic View

According to Ayurveda the raw fruit is astringent and intensely sour in taste, hot temperament, eliminates Vata and increases Kapha and Pitta, causes burning and vitiates blood. The ripe fruit is sweet and sour in taste, even in temperament, laxative, eliminates flatulence, epistaxis, constipation, thirst and burning. Leaves are anti-inflammatory and liquidate stomach-ache

and dyspepsia.

Medicinal Uses

The pulp when applied over wounds, sores and inflamed parts heals them. In conjunctivitis flower paste should be applied over the eyelids.

The **Imli** bark decoction should be used warm for gargling to cure stomatitis and throat infections.

Pana of **Imli** prepared by boiling tamarind with 12 times water and sufficient sugar, salt and black pepper to taste and drunk in summers protects from sunstroke.

The Pana also cures fever, burning, constipation, thirst, nausea, anorexia, jaundice, dysuria and dysentery.

In children's loss of appetite, jaundice and constipation sherbet of Purgine cassia (Amaltas) **Imli** pulp with sugar and salt cures all complaints.

In Leucoderma a mixed paste of Chiyan and Babchi applied over the spots consecutively for weeks together helps to a great extent.

Nourishing Recipes



Special Corn Chaat

Ingredients : 7-8 corn cobs boiled until just tender; 2 medium sized potatoes boiled, peeled and chopped; 5 large ripe tomatoes chopped; 100 gm pineapple bits; 200 gm curds beaten; 5 green chillies finely chopped; 1/2 tsp cumin seeds; 1 tsp garam masala powder; 1/2 tsp amchoor powder; 1 tsp cornflour; 1 tbsp oil; salt and chilli powder to taste.

Method : Remove the corn from the cobs and set aside. In a frying pan pour oil and cumin seeds and fry for 2 minutes. Next add the tomatoes, chilli powder, amchoor and salt and allow to cook till the tomatoes are tender, after putting in 2 cups of water. When the mixture has sufficiently thickened add the corn and continue to

McDonald's may be coming but the charm and the taste of the Indian food won't fade in a hurry. The nutritional value of 100 gm. of corn includes 10 mg. calcium, 348 mg. phosphorous, 2 mg. iron, 3.5 percent protein 66.2 per cent carbohydrates and plenty of fibre. Popcorn which is made by heating corn, is low in fat, high in fibre and retains all the vitamins and minerals of the uncooked corn.

How about these special recipes filled with the goodness of corn!

simmer. Dissolve the cornflour in two teaspoons of water and add to the tomato gravy. Cook for another two minutes or so and remove from the heat. Allow to cool then mix chillies, pineapple and potatoes with the gravy. This mixture is served over papris and topped with a generous helping of seasoned curds and sweet chutney. The chaat is ready. The guests are sure to enjoy this special dish.

Corn Laddus

Ingredients : 6-7 medium size corn cobs boiled until just tender; 200 gm paneer; 100 gm powdered sugar (adjust according to taste); 200 gm paneer 100 gm powdered sugar (adjust according to taste); 50 gm chopped currants; 100 gm grated coconut.

Method : Remove the corn from the cobs and grind coarsely in a mixer. Crush paneer and mix with the corn. Add the rest of the ingredients

to the mixture and knead into a pliable dough. Shape into laddus and allow it to cool before serving.

Corn Pakoras

Ingredients : 250 gm. corn, 200 gm grain flour (besan) 2 tbs. oil for dough, pinch of sweet soda, salt and red chilli powder to taste, finely chopped coriander leaves and green chillies. 1 teaspoon oil for frying and a little paste of garlic.

Method : First of all grind the corn and then mix it with besan add soda, chilli powder, salt, chopped green chillies and coriander leaves and prepare the dough by adding little oil. Make small balls then put a shallow pan on the fire and heat the oil. Now deep fry these corn balls on mild flame. Corn pakoras are ready to be served with mint or tomato Sauce. Serve them hot.

Health and Happiness for All

Dr. B. M. Hegde, Mangalore

This a compendium of a book of the same name authored by Dr.B.M.Hegde, Dean, Kasturba Medical College, Mangalore. Dr. Hedge is a cardiologist of international repute and he has also written extensively to popularise medical science. The above book is published by Corporation Bank Economic Development Foundation, Mangalore and contains 173 +VI pages. The book is divided into three parts viz. The Politics of Medicine, The Philosophy of Medicine and The Arts of Medicine.

Editor

To-day the health education largely depends on illness and its prevention rather than wellness and its preservation. Anxiety is the kingpin around which all else in medicine revolves and so our aim must be to allay anxiety. There is no better way than to project wellness and its secrets to the public.

The total sick population all over the world is so small compared to the total population. If all diseases are clubbed together at a given time, there may be a few million patients, but at the same time there are billions of people who are healthy and have a good prospect of remaining as such most of their lives. The law of averages tells us that we, on this planet have a greater chance of living happily without any serious disease and earning our living.

The present day health literature in the lay press is so frightening that it creates more **NEUROSIS** in this world than

helping people. Ordinary man is living in fear of one or other disease. This feeling generates illness and makes the society sick. The **FACT** is, that diseases are rare and the usual rule of this world is health and not disease. Disease is an exception and it is unfortunate. It is only due to **CHANCE** and no amount of **WORRY** will avoid it; may be it will **ATTRACT** it. Please remember that we are destined to be healthy and not unwell. Happiness is the best vaccination against all ills of mankind.

He who laughs lasts is a good adage. It holds good. We now have scientific data showing that a good hearty laughter induces secretion of the much needed endorphins for relieving pain and suffering. Laughter also induces secretion of good catecholamines.

Interestingly, only those with a clean heart filled with compassion can enjoy beneficial hearty laughter. There are those who enjoy laughing at

other's misery. This type of derisive laughter does not induce the secretion of endorphins. This best example of the second variety of laughter is seen in some African tribals who laugh at any of their tribes when they are caught by crocodiles. They enjoy the crocodile eating their bretheren.

Happiness is an attitude of mind. A happy mind filled with altruism is the best vaccination against most, if not all, degenerative diseases like cancer and heart attack.

Laughter has saved more lives than all the high-tech methods of treatment in the medical world. To be a good doctor one must have the capacity to laugh heartily and also to make others laugh with you. To do that one must have a pure heart filled with universal compassion.

Doctors and medicine have a very vital role to play in human affairs. They cure rarely, comfort mostly but console always. It is not for nothing that

our ancestors had this rhyme:

*God and Doctor we adore
On the brink of danger, not
before,
The danger past, all is
requited*

*God is forgotten, the doctor
slighted.*

Diseases have been there with mankind right from the beginning and possibly none of them are new; in contrast to what is made out in the media of this epidemic or that from time to time.

The greatest worry for doctors these days is the emergence of resistance to many, if not all the five hundred odd antibiotics available in this world, especially in the intensive care units of our major hospitals. The other worry is that none of the major multinational companies are interested in newer antibiotic research, in view of the very heavy initial cost of research.

The most important cause of most dangerous diseases is now known to be poverty. Research has proved that nutrition of mothers before and during pregnancy is what determines our future life and health.

Our greatest problem in India is poverty. This is the most important cause of disease in our society. All kinds of diseases including the degenerative ones like heart attacks and cancer are more common amongst the poor compared to the rich.

Each patient carries his own doctor inside him. The doctors must give that inner doctor a

chance to do his work.

One can remain healthy only if one's mind is at peace with the surroundings. Longevity naturally comes with tranquility.

Starvation was the sole cause of disease on this planet 10,000 years ago and is threatening to recur again which is not due to shortage of food but because of political maldistribution.

Nobody bothers about the physical and mental health of our elected representatives!

Boris Yeltsin's airliner was circling over County Clare in Ireland, where the Irish Prime Minister and his party were waiting for the Russian President to arrive. An aide splashes ice cold water on the face of the President saying, Mr. President, you must wake up! The President growls like a bear but is still sleeping. Eventually they had to call off the trip and go back to Moscow as the President needed some more vodka to keep him alive. Winston Churchill was reported to have been consuming not less than a bottle of spirits a day during the second world war and at times had to be carried home dead drunk from the war office.

Alcohol can cause all the bad mental states of a human being, viz., aggression, depression and very discorded thinking. Greatness though not linked to formal madness is associated with personality distortions, alcohol misuse and emotional disorders. It makes a sad commentary to know as to how

many deaths have been caused by mentally unbalanced national leaders.

The bold revelation by the former American President **Ronald Regan** that he is suffering from the dreaded Alzheimer's disease makes frightening reading. **Nero** became the Roman Emperor when he was just 17 years old and was probably the cruelest ruler in Roman history. He must have been a maniac depressive. It is said that he himself had caused the great fire of Rome to rebuild it according to his plans. He amused himself by playing his lyre while thousands died in a city reduced to ashes. However at the end he stabbed himself.

Hitler and **Mussolini** were maniacs of the second World War who were responsible for more evil and suffering than any other men in modern history.

There is enough food in this world for all people but a large chunk of the world population is starving because of political maldistribution. A new social order should take a holistic view of this world. The democracy should respect meritocracy and truly govern the people with the help of a Government of the people, by the people and for the needy people.

Workshop on Women's Health



A Workshop was conducted by Lok Swasthya Parampara Samvardhan Samiti (L.S.P.S.S.), CHETANA and WAH on women's health from June 26th to 28th, 1996 at Vocation Service Centre Pune. Workshop was aimed to develop training modules and related teaching materials for training middle level managers and health workers on various aspects of women's health incorporating Ayurvedic principles. The workshop was attended by 25 subject experts who later deliberated in three groups to develop the curriculum of various subjects

The workshop was inaugurated by **Sri Father James** of the **Vocational Service Centre** on the morning of 26th. The gathering was addressed by **Dr. Mira Sadgopal**. She explained the aims, objectives and expectations of the workshop which were later elaborated by

Manisha Gupta and **Vd.G.G.Gangadharan**.

Dr.Nirmala Joshi spoke on the scope and limitations of Traditional Medicines in primary health care especially on women's health. The points raised by Dr.Joshi were actively discussed by other participants.

In the afternoon session, **Vd.Vilas M.Nanal** spoke on the criteria for rationality and safety of drugs. After discussions on the subject participants were divided in three groups to work out a syllabus to prepare the draft module of the training programme.

The group one dealt with basic principles, group two with gynaecological disorders and group three with general disorders.

It was felt that syllabus should contain basic principles of Ayurveda to be taught to trainers which will enable them to understand various aspects of the diagnosis and management of diseases. A glossary of the most commonly used technical terms should be prepared and followed throughout the text material.

The second group felt that the first step to teach gynaecological problems is to teach about the normal body behaviour in various conditions of one's life. The group selected leucorrhoea and discussed elaborately. The prepared data

was adopted as a model for developing training materials on various other health problems of women.

The third group discussed about other general disorders and prepared a model of format on Kaasa (cough) which may be followed as a basis for other diseases. There was a discussion on major and minor diseases and also on the followup actions to be taken by the trainer.

It was suggested by all delegates that the usage of technical terms must be reduced as far as possible and simple examples, songs, pictures etc., have to be incorporated in the training materials.

As the total training period of **WAH** programme is three months, the times schedule for each topic must be finalised giving enough exposure to practicals. The training has to be arranged giving sufficient interval so as the trainee can effectively absorb the contents.

It is decided that **LSPSS** will take follow up actions to finalise the draft prepared by the three groups and it will be sent to expert members for editing. Further action to prepare the training manuals will be taken up soon.

The meeting was very successful in its content to achieve the aims and objectives of the **WAH** programme.

Healthy Baby Contest



Jeevaniya Science & Health Exhibition

Jeevaniya Society organised a **Healthy Baby Contest**, on 23rd June at **Regional Science Centre in Aliganj**. Children upto two years of age participated in the contest where a panel of expert paediatricians and other physicians examined the children to award prizes to the Healthy Children. There was no fees for the contest where gifts were given to participants by **Pinkoo Gripe Water**, who sponsored the programme. Jeevaniya Society believe that such programmes are helpful in encouraging consciousness towards better health of children. 125 Children participated in the contest who were divided in two categories namely upto 1 year and from 1

to 2 years. After checking physical fitness and mental alertness, paediatricians awarded three children in each group. First prize in group upto 1 year was given to Prajwal Khanna by **Dr O.P. Tandon** and first prize in 1-2 year category was awarded to **Nikita Nayak** by **Mrs (Dr) Deepti Gopal**. Prizes and gifts were given by **Pinkoo Gripe Water of Ajanta Pharmaceuticals**, the sponsors of contest.

Dr. N. N. Mehrotra, Secretary of the **Jeevaniya Society** and the organiser of the contest, told that this voluntary organization comprising many doctors, scientists and other social activists has been active in the field of Health Education for the past several years, besides

organizing programs for encouraging scientific temper. The society has organized several Health Camps and Health Exhibitions, besides promoting use of medicinal plants from local health traditions through its Wall Papers and Health Care Magazine, **Jeevaniya**. A stall of Society publications was organised at the programme. Visitors took keen interest in the publications.

Recently, the Jeevaniya Society started a **Charitable Dispensary and Research Centre** where physicians from different pathies provide free consultancy and medicines to the poor and needy patients every evening. Besides Ayurvedacharyas, Allopaths and Homeopaths, specialists such as a Dental Surgeon, Gastroenterologist, Paediatrician and Endocrinologist etc are also providing consultancy on specific days. The Jeevaniya Society intends to provide integrated health care to people, besides developing effective strategies for self-reliance in health care. Spreading of awareness about medicinal properties of herbs and shrubs found in our surrounding is the need of hour. More and more voluntary societies also must come forward besides state and central governments towards fulfilling this aim.

Management of Rabies

Dr. P. K. Tripathi, Directorate of Animal Husbandry, Lucknow

Relations between man and animal are developing since the day man began taming them. Our ancestors recorded their knowledge regarding animal husbandry. A branch of Ayurveda, called *Mrigayurveda* deals with the identification, classification, treatment etc. in detail. We are publishing an article on 'Rabies' by Dr. P. K. Tripathy. Your suggestion regarding imparting information about animal care and therapy in forthcoming issues of *Jeevaniya* are welcome.

Editor



Rabies is the foremost disease among those that come to men from animals. Now rural and urban people are alike aware of it. The following sayings amply prove the point 'dying a dog's death', one who is bitten by a dog cannot drink water', 'There is no cure of dog bite', 'dog has bitten him and he would die barking like a dog.' People have heard about it but they ask some questions that are not answered. Here we are trying to reply to those questions.

Q. What is rabies ?

A. It is contagious viral disease infecting the central nervous system. This occurs due to the direct contact of man and the rabies infected or rabies carrier animal. It is an extremely fatal disease.

Q. Is it really contagious ?

A. Yes, that is why the man or animal infected with this disease is quarantined. It is 100 per cent fatal. There is no cure to the disease.

Q. Why is it fatal ?

A. Because symptoms appear only after the virus has gripped the nervous system. The virus quickly multiplies because the immunity system of the body does not function in the nervous system and hence death occurs.

Q. After how many days Rabies may occur ?

A. This depends on the distance of the virus from the nervous system because the target of the virus is brain. However this depends upon following conditions -

1. The site of bite.
2. Number of viruses

3. Sensitivity of virus towards the disease.

4. Immunity of the body against the disease.

The virus may take four days to years and years of time to create the disease. However seventy five per cent of patients have it in one to three months. In order to avoid this the pets are vaccinated against rabies.

Q. It is necessary to inoculate against rabies even if the dog which bites is previously inoculated against rabies ?

A. Yes, because sometimes even vaccinated animals may be diseased even though they don't exhibit any symptoms. This may be due to immunity of the animal, not having kept the vaccine in a cool place or poor quality of the same. Therefore do not take risk and get yourself vaccinated.

Q. What to do in case of a diseased dog biting a vaccinated man or animal ?

A. Revaccination is not needed if the dog has bitten during the course of vaccination or within three months of completion of the course. If the dog bites between three

and six months of completion of the course of vaccination then inoculate yourself at an interval of ten days. If the dog bites after the lapse of six months then full course of vaccination would be required.

However if tissue culture vaccine has been inoculated then vaccine is not needed in the middle of the course. If the bite occurs within one year of the completion of the course then a single booster dose would suffice. If the bite occurs between one to five years then two doses are needed and after five years full course is necessary. However, doctor's opinion should be sought.

Now the proposal is being mooted that animals and dogs should be inoculated every year against rabies.

Q. If it is known that the dog was mad or rabid and has seriously wounded by biting hard should any special precaution be taken in curative vaccination ?

A. Mind the following :

1. When the dog has bitten over the clothe and the injury is not open.
2. If the dog's saliva has not come into contact with the open wound.
3. If the rabid animal's milk has been used after boiling.
4. If the dog is alive till 10 days of biting and the bitten animal or man has been given three doses (0,3,7) of tissue

culture vaccine or four daily doses of ligament tissue culture vaccine has been given. Then seek doctor's advice, but don't worry.

Q. The doctors say that watch the dog for ten days. If the dog dies then only inoculation is needed. Is it right?

A. It is believed that the virus appears in the saliva of the mad dog within a couple of days of manifestation of symptoms and the dog dies within 10 days. However, it has been proved that the dog's death is not sure. Sometimes the dog functions as carrier, so it is necessary that immediately after the dog bite inoculation of 0.3.7 should be administered and the dog should be kept under watch. If it does not die within 10 days then further injections may be stopped. If it dies then complete the course.

Q. During the course of inoculation, if a slip of couple of days occurs or delay is caused due to any reason, then is it necessary to begin the course from the beginning once again ?

A. You must understand that rabies is a dreadful disease and be very serious about it. Completion of regular course inoculation is a must for the maintenance of complete immunity.

Q. Why is it thought that biting of head, mouth and neck are dangerous ?

A. Nearer the biting to the brain greater the danger. Moreover biting of distal parts of the body like fingers whereat nervous system is highly developed is also regarded highly dangerous. Because the nervous system transports the virus to the brain.

Q. Is there any relation between the age and appearance of disease ?

A. Yes, smaller creatures sustain several bites from rabid dogs on sites like head, neck, back etc and develop the disease very quickly.

Q. Which animals bite rabies and are dangerous in this respect ?

A. Any rabid animal can cause rabies apart from dog, such as fox, blood-sucker bat, raccoon, jackal, cat and mangoose.

Q. How to protect ourselves from rabies ?

A. Inoculate yourself and your cattle against rabies.

Q. Is it necessary to undergo the anti-rabies vaccination course if any of the said animal bites ?

A. Yes.

Q. What are the symptoms of a mad or rabid dog ?

A. They may be aggressive or dumb. The former attacks and bites.

Q. Who should undergo this preventive vaccine course, without fail ?

A. Veterinary doctors and auxiliary staff, dog trainers, staff of Rabies Unit, dog arresters, hunters, salesmen

Leo



Pt. K.G.Gore

The sign of Leo extends upto the entire Magha and Poorva phalguni constellations and a quarter of Uttara and Uttara phalguni constellations. The sign is situated over the tummy of the Kal purusha. The Leo sign is lorded by the sun. This is a male sign. It is cruel temperamentally and is called a fixed sign. Leo sign is fire-predominant and the sign happens to be strong during the day. One to twenty degree of the Leo sign is original triangle and 21-30 degree is the sun's own house. The sign influences the back, upper portion of the vertebra heart and stomach. Hips and thighs are also affected. This sign breeds a long body, a big face and khaki coloured eyes. The person influenced by this sign happens to be wrathful. He experiences excess of hunger, thirst and his mind is likely to be impatient. Dental defects are also likely. Medicines endowed with the element water is suitable for diseases occurring due to the influence of Leo sign. Avoidance of hot and stimulating foodstuff would maintain the physical health in the best form.



post-men, slaughterhouse staff etc. must undergo this course.

Q. What to do in case of a probably, diseased-animal bite?

A. Wash the wound with water and soap firstly. Apply the anti-septic Vitarlon or Sanital thinly. One per cent Benzae conium is found to be highly effective. According to recent research cauterisation and application of carbolic acid, silver nitrate or nitric acid has been prohibited. Do not stich the cut and tear for 24-72 hours, give antibiotics to obviate secondary infection and give A.T.S. and Tetanus Toxoid. If it is established that the

person has been bitten by a mad or rabid animal then apply equine serum or human Immunoglobulin to the wound and inject anti-rabies serum to the person and also let him undergo full course of anti-rabies vaccination.

Q. What is the difference between protective vaccination and post bite inoculation ?

A. Both are protective vaccinations. The former is given in a lesser dose and the latter is a greater dose given in several instalments.

Q. We have heard that the virus of this disease are of two types ?

A. Yes, the first is fixed virus, Vaccinations are prepared

with this. This virus does not cause fatal type of disease. The other is street virus and causes severe disease.

Q. In what conditions post bite vaccination is a must ?

A. Post bite vaccination is essential in following conditons:

When the stray dog disappears after biting, becomes sick after biting or dies within 10 days, or when it is known that the biter animal was rabid, when a forest animal has bitten, when the open wound has been polluted by the saliva of the probable animal. Or when laboratory tests decide that the dead animal which has bitten was rabid.

Vegetable Dyes

Dr. Shamim A. Siddiqui

Man's fascination for colours prompted him to discover the art of colour extraction from natural sources. Our old craftsmen mastered the isolation and application of numerous natural dyes, such as the blue hidden in the green leaves of Indigo plant, the red in the pinkish-brown roots of Madder and the purple present in the Lac exudate. Colourful decorations on the walls and ceilings of centuries old monuments and attractive shades on the royal garments in various museums bear testimony to their skills. Our house-wives too learned to beautify their palms and soles with the orange-red dye of Henna leaves and dyeing their robes with the yellow flowers of Harsingar and the red flowers of Palash. Likewise, our cooks familiarised themselves with decorating recipes with the crimson-red Rattanjot and the yellow Saffron.

Discovery of the first synthetic dye in 1869 followed by several others was once thought to be a great achievement of modern chemical technology.

Bulk production and application in relatively shorter time, ease of their use and production of standard and fast hues were such remarkable characteristics which enabled

the synthetic colourants to replace the natural ones from almost every sphere of the colour world. However, within few decades of charismatic predominance of synthetic dye industry, environmental scientists noticed the serious damaging nature of these dyes and their factories and therefore, strongly denounced them. Their own toxicity and the toxicity of the effluents of their manufacturing units caused not only complex dermatological and respiratory disorders as well as carcinogenic conditions in the factory workers and the consumers but at the same time badly affected the entire flora and fauna of the region. Besides, scientists also warned about the early depletion of the precious petroleum which is the base material of most of the synthetic dyes. Realising such damages in the name of progress most of the developed countries, specially the European countries, have already put a ban on the manufacture and use of nearly all the synthetic colourants.

Advantages of vegetable dyes.

- They are rarely toxic hence safe to collect and to use,
- Their exploitation is bound to increase vegetation which is not only soothing but also pollution controlling,

- Their manufacturing units, the plants, do not release toxic gases and effluents into the atmosphere,
- No trained chemist or engineer is required for running or maintaining the God-gifted plant factories.
- Sustainability of marginal and waste land increases due to an overall increase in biomass.
- Depletion of petroleum reserves is diminished.

Considering the highly damaging nature of the synthetic dyes and the advantages of their herbal counterparts we must give up our fascination for the easily available, less time-consuming and relatively fast synthetic dyes. Instead, we must again embrace the eco-friendly and the user-friendly herbal dye-stuff.

Research Officer (Chem) Drug
Standardisation Research Unit, CCRUM
National Botanical Research Institute,
Lucknow

MASTRAMJI



STORY : PANDIT KASHINATH GORE
ILLUSTRATION : SANDEEP SEN

ONE DAY MASTRAMJI WENT OUT FOR A MORNING WALK.



THE ATMOSPHERE WAS CLEAN WITH NO DUST OR SMOKE AROUND.



WHILE WALKING, HE MET VAIDYAJI ON THE WAY.



.. COMING FOR A WALK ? LET US WALK TOGETHER!



AFTER WALKING FOR A WHILE - COME MASTRAMJI, LET US REST A WHILE.



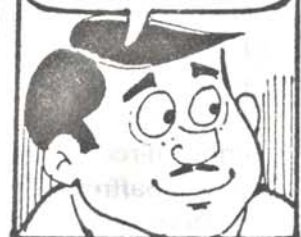
BOTH SAT ON GREEN GRASS.



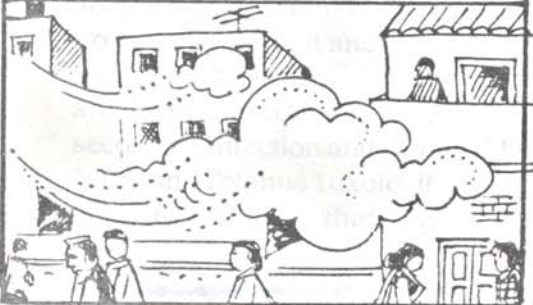
VAIDYAJI ! YOU HAD ADVISED ME THE OTHER DAY AGAINST DIPPING FINGERS IN DRINKING WATER.



.. SINCE THEN I AM KEEN TO LEARN ITS REASON !!



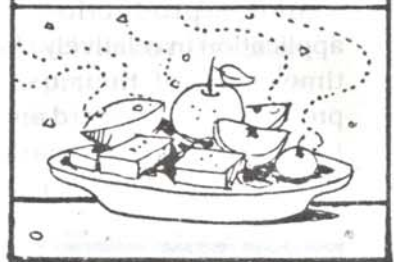
" LISTEN ! DUST IS CONSTANTLY FLOWING AROUND IN THE ENVIRONMENT."

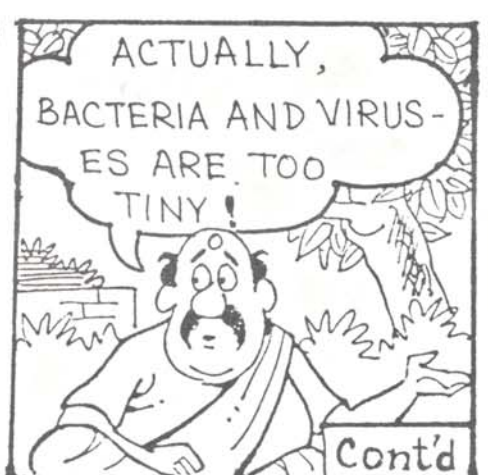
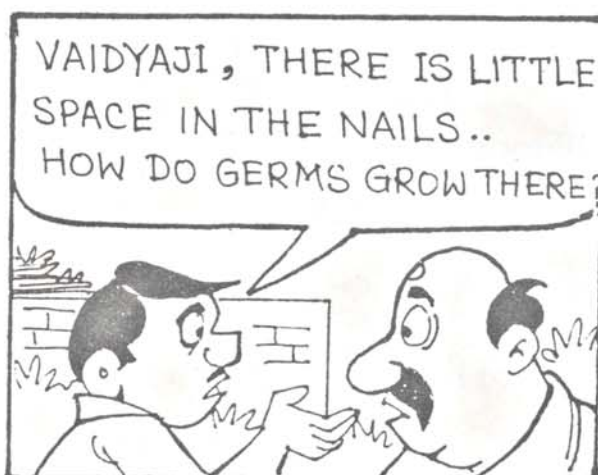
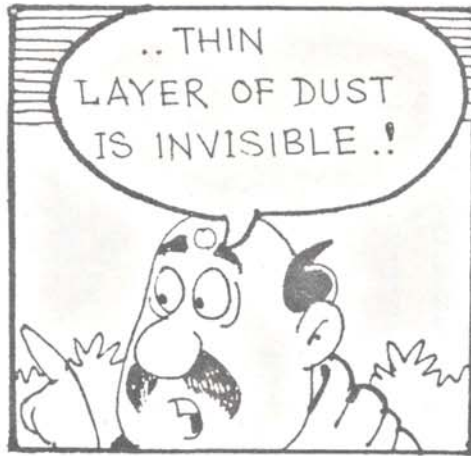


.. BACTERIA AND VIRUSES ALSO FLY AROUND WITH THE DUST ..



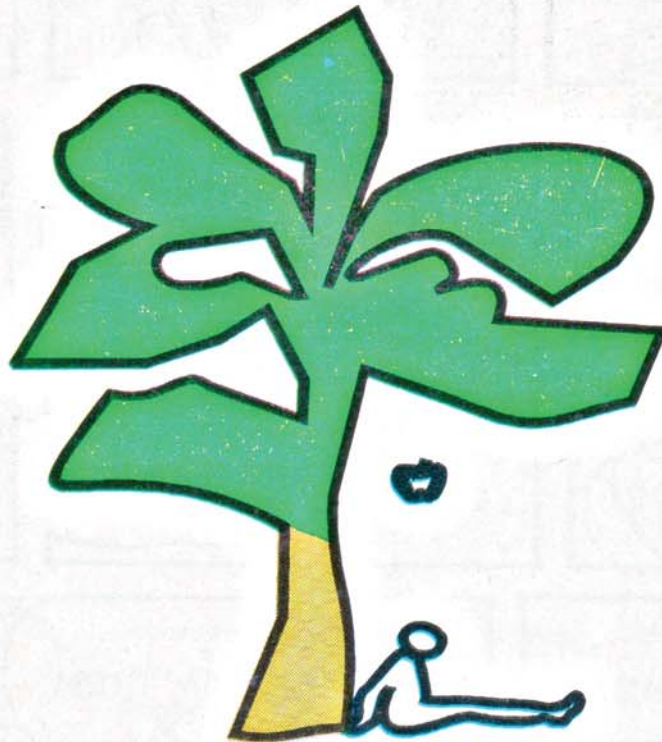
" THESE SETTLE ON EVERYTHING ALONG WITH THE DUST."





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